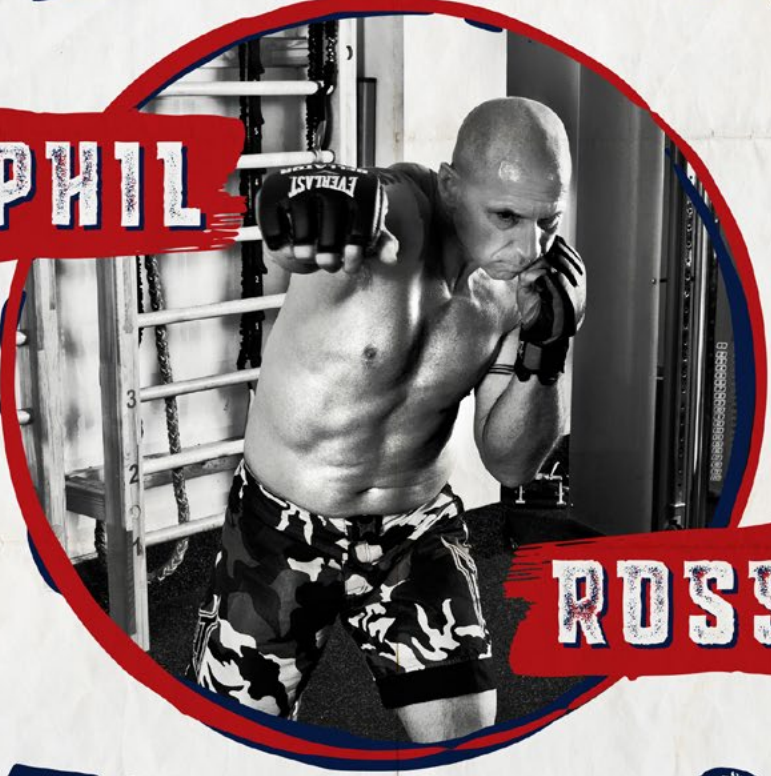
FEROCIOUS FITNESS

PHIL ROSS



A FIGHTER'S PROVEN ACTION PLAN TO DEVELOP BLAZING POWER, ANIMALISTIC STRENGTH AND KILLER CONDITIONING

WITH MARTY GALLAGHER

FEROCIOUS

PHIL ★ ROSS

FITNESS

© Copyright 2016, Phil Ross with Marty Gallagher
A Dragon Door Publications, Inc. production
All rights under International and Pan-American Copyright conventions.
Published in the United States by: Dragon Door Publications, Inc.
5 East County Rd B, #3 • Little Canada, MN 55117
Tel: (651) 487-2180 • Fax: (651) 487-3954
Credit card orders: 1-800-899-5111 • Email: support@dragondoor.com • Website: www.dragondoor.com

ISBN 13: 978-1-942812-08-1
This edition first published in November 2016
Printed in China

No part of this book may be reproduced in any form or by any means without the prior written consent of the Publisher, excepting brief quotes used in reviews.

BOOK DESIGN: Derek Brigham • www.dbrigham.com • bigd@dbrigham.com

PHOTOGRAPHY: Michael Polito

DISCLAIMER: The authors and publisher of this material are not responsible in any manner whatsoever for any injury that may occur through following the instructions contained in this material. The activities, physical and otherwise, described herein for informational purposes only, may be too strenuous or dangerous for some people and the reader(s) should consult a physician before engaging in them. The content of this book is for informational and educational purposes only and should not be considered medical advice, diagnosis, or treatment. Readers should not disregard, or delay in obtaining, medical advice for any medical condition they may have, and should seek the assistance of their health care professionals for any such conditions because of information contained within this publication.

— TABLE OF CONTENTS —

ACKNOWLEDGEMENTS........ V

FOREWORD BY BRIAN EBERSOLE........ VII

WHY FIGHTERS SHOULD PAY ATTENTION TO PHIL ROSS........ 1
BY MARTY GALLAGHER

INTRODUCTION........ 5

CHAPTER 1: ROOTS........ 7

CHAPTER 2: WHAT I BRING TO THE PARTY........ 15

CHAPTER 3: CATASTROPHIC INJURY........ 17

CHAPTER 4: GREATNESS:
THE COMPONENTS OF A SUCCESSFUL FIGHTER........ 23

CHAPTER 5: WHY ALL FIGHTERS NEED
TO TRAIN FOR STRENGTH AND POWER........ 27

CHAPTER 6: PHIL'S PHILOSOPHY OF FIGHT TRAINING........ 35

CHAPTER 7: THE EXERCISES........ 37

CHAPTER 8: FIGHTER NUTRITION: COSMO'S CREDO........ 69

CHAPTER 9: DIET AND WEIGHT CLASSES........ 75

CHAPTER 10: HOW POWER SAVED MY LIFE........ 81

CHAPTER 11: FRANK "THE LEGEND" SHAMROCK........ 83

CHAPTER 12: KO POWER PROTOCOLS........ 87

CHAPTER 13: TALKING SMACK........ 93

CHAPTER 14: TOP 10 BADASS FIGHTERS........ 95

CHAPTER 15: TIME FOR TALK IS OVER........ 99

CHAPTER 16: TRAINING ROUTINES........ 105

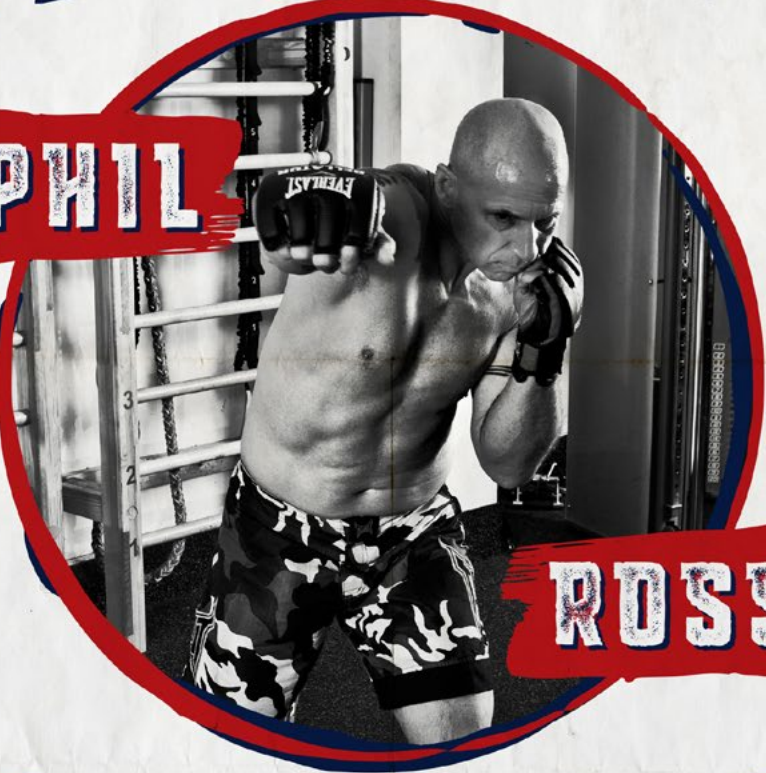
CHAPTER 16: FIGHT CAMP!........ 125

EPILOGUE: FINAL SHOT........ 135

DRAGON DOOR PRESENTS

★ THE MAIN EVENT ★

FEROCIOUS



PHIL ROSS

FITNESS

★ DIRECT FROM RINGSIDE ★

ACKNOWLEDGEMENTS

I would like to thank all of my students, wrestlers and fighters over the many years of my training and coaching. There are far too many to name individually—but, you know who you are. Thank you for placing your trust in me, my methods and philosophy and thank you for giving it your all in combat while representing my teams and American Eagle MMA.

I would like to thank my parents, Patricia and Phil, for their endless support and for instilling a strong work ethic and solid foundation of integrity in me. Special thanks goes out to my grandfather, my "Poppy", who introduced me to the world of fighting and provided me with an incredible base. I just wish that my father and grandfather were still with us to read this book, but they did get to see me grow up to become a man, for that I am thankful.

Thanks goes out to Marty Gallagher for all of the time he spent with me, coaxing me to relay some of my stories and helping me to discover my "writing voice." I felt as if Marty were actually in my head during our collaboration.

Thank you John Du Cane, for all of your continued belief and support of me as a person, trainer, coach, athlete and now author. I appreciate all of your insight and friendship. This book, its title, and the knowledge for martial artists and combat athletes would never have come to fruition if not for your inspiration. Your ability to see in others what they do not see in themselves is one of the many reasons that I love you and your vision. I am indebted to you and am honored to be a leader of an elite group, the RKC!

Foreword

by

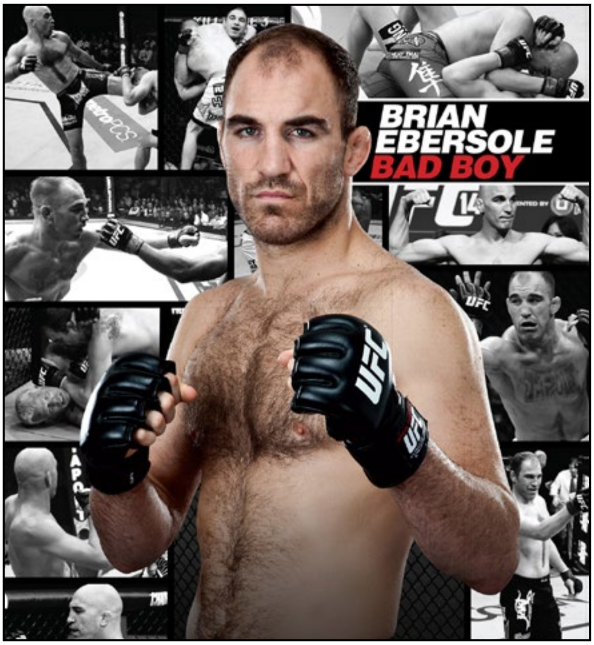
Brian Ebersole

When I was first asked to write the foreword for this book, I nearly asked, "What's the book about?" But, for some reason, I paused. With that short moment to consider that this book was penned by Phil Ross, I stated, "You've written a kettlebell/strength and conditioning book, haven't you?". Of course he had! And who better to do so...

I've known Phil since 2005, when he made the trek from New Jersey out to California to visit Frank Shamrock's Martial Arts Academy. At the time, I was training for a San Shou (Kickboxing-style) bout vs. Cung Le, who was the star and champion of that sport, and who later transitioned into MMA, competing for both StrikeForce and the UFC.

So here there I was, young, fit, and ferocious; going through one of the harder training camps of my career. And in saunters Mr. Phil Ross, stocky, bald, coming off of an injury, older than I had thought he was, and jumping at Frank's invitation into the ring for rounds of sparring.

So, Phil punched me a few times, upon first meeting me, and yet I've kept in regular contact with him for the past decade. That seems to be a common theme, with my friendships! I was only given a glimpse into Phil's background, during this first visit to California. He obviously had some training, as he was confident enough to walk into a gym and spar with athletes at a renowned gym, with little warning or notice.



During the next few training sessions, we traded stories of high school wrestling, kickboxing fights (his past bouts, and my upcoming debut), and I learned that he owned his own school back in New Jersey . Over the course of the next two or three years, I would come to know Phil as the "Kettlebell Guy", as he passionately embarked on his journey toward becoming an RKC (Russian Kettlebell Certified). Now, he is an RKC Master, and I commonly refer to Phil as the Kettlebell Guru!

That's why it was easy for me to predict, with fair certainty, the topic of Phil's book. He's proven great at two things, the martial arts and kettlebell training. Phil has worked a long time to gain insight into the workings of the human body, how it adapts to stress/work (training), and how to best program/plan for strength/fitness, and even mobility improvements. He's gained a unique personal insight through many styles and strategies of training; as he's competed in the sports of bodybuilding, wrestling, kickboxing, Jiu Jitsu, and others.

A lifetime of athletic training leaves you with a certain level of knowledge. Coaching only adds to that. Coaching brings a depth and validation to the knowledge you'd gained as an athlete, as you can break down why things work, and see them from another perspective. Personally, I've changed a few of my favorite techniques and strategies; offering them to my students a bit differently than I'd used them myself—only because as a coach (bystander) I could see weaknesses or flaws that I couldn't see as an athlete, whilst I was moving at 100 mph.

Phil has been a lifelong athlete, and a long-time coach. But what sets Phil apart is the fact he has continually sought out science through continued education and certification. He's combined years of anecdotal evidence & personal observations/feedback with the observations and conclusions of the scientific-academic community, and that's both unique and powerful!

When it comes to training, Phil has "seen it all". If there are pitfalls, Phil has seen them. If there are shortcuts, Phil has tried them. If there's a new way of doing it, Phil's looked into it. If there's a Fountain of Youth, Phil has found it and drank his weight's worth! And finally, he's sharing his experiences and proven methods with the rest of us.

There's a lot to be gleaned from Phil's ***Ferocious Fitness***. I only wish I could have had this book in my travel bag over the last seven years. I've spent those last seven years traveling the world (for training and competition), and this book would have surely simplified and amplified my fitness efforts. Heck, I'd rather have been able to pack Phil himself in my check-in luggage!

I hope you'll enjoy Ferocious Fitness as much as I have. It offers an interesting perspective on the development of a fantastic athlete and coach, as well as the distilled knowledge acquired over a lifetime of experience and education. May it add to your understanding of human optimization and offer you an enjoyable set of challenges—from within the programs and routines outlined in the book's final section. Happy reading and safe training!

Brian Ebersole

Brain Ebersole
UFC Fighter, Division 1 Wrestler, Coach

★ WHY FIGHTERS SHOULD ★ PAY ATTENTION TO PHIL ROSS

BY

MARTY GALLAGHER

COMBAT GUMBO

Results and athletic credentials need to count for something.

In our politically correct age of lockstep fitness orthodoxy, unless you have a PhD and cite twenty-seven footnoted sources to justify a chin-up variant, your opinion is ignored or discounted. Real world experience is relegated into irrelevancy with the cute, unchallenged contention that combat experience doing what the academics are discussing is somehow irrelevant. “Anecdotal empirical experience” is the dismissive rejoinder when asked about the role of real world results.

Thus, the academics are able to discount and dismiss, by mutual consent (within their echo chamber/mutual admiration society) factual, actual, real world results. This type of pompous arrogance brings to mind a story I once heard about the head of the Eastern Studies department at a major university lecturing senior Zen monks—on Zen. The ludicrous academic was chock-full of lofty thoughts and profound conclusions about Zen, which he graciously and unceasingly shared with the two monks—who had a combined 100 + years of hardcore Zazen under their robes. The academic was dismissing deep insight as “anecdotal and irrelevant.”

When a guy like Phil Ross decides to get his strategies, modes and methods down on paper—that’s the guy I want to learn from.

Phil walks the walk, having won over 300 fights in a mind-blowing array of martial disciplines. He has fought in karate, kickboxing, Taekwondo, wrestling and submission fighting. He competed successfully in different disciplines on the national level from 1979 through 2010.

Phil took a silver medal at the 1979 AAU Eastern National Greco-Roman Wrestling Championship; he won the bronze medal in 1992 at the AAU Taekwondo National Championship. In 1995, Phil was the Free Fighting National Champion and in 2010 won the NAGA No-Gi submission fighting title, becoming the Expert Level Champion. Phil is an eight-time gold medalist at the New Jersey Garden State Games in their karate championships. Phil was named MVP at the 1996 NJ vs. NY Karate Challenge. He was team captain of the 1994 World Champion Karate Union team. Phil is a Black Belt Hall of Fame martial artist.

Phil won the Brooklyn New York's Big Apple Challenge and was the 1989 Black Belt Kumite Champion. Phil holds black belts from the East/West Martial Alliance along with black belts in combat Jiu Jitsu, Bando, Black Belt in Brazilian Jiu Jitsu and Taekwondo. Phil is certified to teach CDT, Arnis and Shamrock Submission Fighting. Phil operated at a high level as a competitive bodybuilder when in 1981 he won the Mr. Wilkes Bodybuilding Championship. In 1983 he took 3rd in the Mr. D.C. Bodybuilding Championship. In 1982 he was the University of Maryland Olympic Weightlifting Champion. In 1987 Phil squatted 525, bench-pressed 370 pounds and deadlifted 505 at a 180 pound bodyweight to become the Reebok Challenge Powerlifting Champion.

Along the way he became a RKC Certified Kettlebell Instructor, a Master Personal Trainer, a Functional Movement Specialist and a Certified Specialist in Bodyweight Strength. Phil has been a high school wrestling coach and a professional bodyguard. Phil made a series of self-defense videos (called S.A.V.E.) that were rated #1 by two separate nationally recognized martial video reviewers. Phil's ***Advanced Russian Kettlebell*** video is ranked in the Top 10 of kettlebell workout videos. His Kettlebell Basics Workshop (and manual) was one of the first kettlebell training courses approved by the National Academy of Sports Medicine for continuing education credits. This guy has an incredible fighting and training resume; he is extremely bright and articulate; he holds a master's degree.

Oh, and he obtains dramatic results for his students: those results are in direct proportion to their degree of adherence to his modes and methods. He walks the walk. Of this there can be no doubt. Yet the orthodox academics would be quick to dismiss Phil's decades of high level, hardcore experience as "incidental" or "not relevant" or "inappropriate."

Personally, I'd rather talk to a martial Zen master like Phil about all things fight-related than a PhD strength and conditioning coach expressing reflected knowledge. Phil knows where the landmines are planted; he's stepped on all of them at one time in his forty-years of combat immersion. He can show you, the reader, all the productive shortcuts and just as importantly, all the unproductive dead-ends.

In real world, where Phil lives, experience is hard won. Experience is everything in a world where factual, tangible, measurable (objective, not subjective) results are the only things that matter. His system obtains dramatic results for disciplined adherents. The report card on any method, eventually comes down to a lone question: Does your approach, regardless of its sophistication or barbarity, obtain actual, measurable, objective results for those that religiously adhere–yes or no? Period.

Guess what? Much to the dismay of those that dismiss real results as overrated, Phil Ross has a brain (not all fighters end up like punch-drunk Mountain Rivera in the movie *Requiem for a Heavyweight*.) Phil is a crystal clear thinker and he speaks plainly and concisely. He has taught martial arts for decades and over that time has become adept and polished in verbally instructing groups of people.

When he turned his full attention to getting his philosophy down on paper, he found that if he wrote as he spoke, no one had any trouble understanding exactly what he was saying. Phil found his "writer's voice" immediately; his manuscript read as if he were in the room talking to you.

I jumped at the opportunity to work with Phil (and John) on this project. One cursory glance at Phil's book and you could see that it "wrote itself." The logic of the prose propels you along, from start to finish; there are no dead spots or sections of impenetrable ambiguity. All I needed to do was add some spice and seasoning to Phil's plain vanilla, unambiguous prose.

He had zero problems communicating clearly on any topic he selected—I would iron out some of the passive sentences (alpha males only speak in declarative sentences!) I added the herbs, spices and seasoning to his combat gumbo.

I relished the idea of helping introduce this martial legend to a wider audience. His approach is battle-tested and track-proven. And yes that does matter, a lot. Frankly, combat credentials are the first thing I would look for in a fighter. If I had a son or grandson wanting to become a fighter, Phil would be who I would take them to. I can't think of a higher compliment or endorsement.

—Marty Gallagher, author of ***The Purposeful Primitive***, co-author of ***Strong Medicine*** and ***CrossCore HardCore***

INTRODUCTION

EVERLAST
EVERLAST
MMA

I love MMA, martial arts, wrestling, boxing, sambo, kickboxing, jiu jitsu, judo and virtually every other combat art. The combat arts not only build character, but they also reveal it. How will you react when adversity slams you in the face? What will happen when you have no other teammates to depend on and success or failure is 100% up to you? The combat arts tell us a great deal about ourselves and force us to face our shortfalls and improve—or perish. The combat arts have given me the strength and self-awareness to flourish when others would have cracked under the pressure only to be vanquished. It is my strongest desire to share this knowledge with others so they may also benefit from the combat arts. MMA (Mixed Martial Arts) has become extremely popular and I want to contribute to making it better, stronger, and more widespread. I truly believe that the world would be a better place if more people would adopt the tenets of martial discipline: respect and reverence for their fellow humans. The true warrior knows the consequences of war, so he does his best to avoid it.

All cultures—no matter how primitive or sophisticated—have some form of combat and have been formed by war and conflict. Nations spend billions upon billions in defense to protect and enforce their interests. Essentially, *fighting solves everything*. Combat is ingrained in our DNA, which also probably accounts for the ever-growing popularity of MMA.

Why are some fighters better than others? It all boils down to preparation. Fail to prepare? Prepare to fail! Proper preparation is imperative for a combat athlete—being conditioned and skilled are essential. Strict adherence to a training regimen, diet, and adopting the proper mindset are the keys to being a successful fighter.

Fighters, wrestlers, boxers and other martial artists must be able to use explosive strength over a sustained period of time. A bout or encounter may last ten seconds, ten minutes or ten rounds. Your body will need to process lactic acid, deal with the adrenalin dump and maintain muscular endurance without sacrificing the explosive power necessary to execute a throw, deliver a knockout punch or apply a finishing hold for the duration of the contest.

Attaining *and* maintaining strength while staying within a particular weight class or while losing weight is particularly challenging. Fighters are faced with the task of maximizing their strength while increasing flexibility, athletic prowess, reflexive power, cardiovascular conditioning as well as developing essential core stabilizers.

The practice of "cutting weight" has both short and long term adverse effects. Too many fighters and wrestlers diet poorly in the off-season, and then struggle to make weight or even miss it. When I was the promoter and match maker for the UCC, a professional MMA League, I would come down hard on the fighters that missed weight. Not only was it a pet peeve of mine, missing weight carries risks of organ damage, susceptibility to concussions, tissue damage and poor performance, particularly in the later rounds.

As with actual combat, focus, concentration and intensity are required for a Ferocious Fitness workout. We are not just conditioning the body, but are also forging a mindset for success in the combat arena.

Many of my students are martial artists, wrestlers and fighters. Many of my students have competed successfully in such venues as the UFC, Bellator, NCAA and high school wrestling, Brazilian jiu jitsu, kickboxing, taekwondo, karate as well as in amateur MMA shows. Their strength, conditioning and flexibility have increased dramatically with our training system and it enables them cope with—and reduce the incidence of—injuries while participating in some of the toughest sports on the planet.

There are many other clients who also benefit from the methods employed with training the fighters. Not only do they benefit physically, but they like knowing they are doing the same workout as a professional fighter. They become empowered!

ROOTS

I was born in Paterson, New Jersey on October 22nd, 1962. We lived in the neighboring town of Fair Lawn. My parents and I lived with my grandparents until I was 7 when we moved to Ridgewood, New Jersey. I have always been physical and I have always had an innate urge to improve my physique and my athletic performance. I have had this intense motivation since I was six years old. It stems from my small stature. Compared to other kids my age I was short, skinny and unimposing.

Phil at age 20: bodybuilding got Phil lean; he dropped bodybuilding, kept the leanness

I was hyperactive and always competing with myself to better myself; I found great satisfaction in trying to better my previous best efforts in push-ups, chin-ups, pull-ups, sit-ups, sprinting, climbing, leaping, jumping…I was the poster child for hyperactive males. I ran everywhere or biked and was a continual ball of frenetic energy. Luckily I was born in 1962 because if I'd have been born nowadays I am quite sure the authorities would be dosing me and medicating me and subjecting me to every politically-correct "behavior modification" tactic available in order to break me of that manic, boy-energy and smooth the rough edges off of me.

Even at the tender age of 6, I felt compelled to do something about my size and stature. Luckily I had someone that told me exactly what I needed to do if I wanted to morph from tiny to towering and from frail into herculean. Imagine this: when I was 7 years old I developed a list of twenty exercises that I did every morning religiously; I believed that doing these exercise and getting really good at them would enable me to morph into a muscular

IMAGINE THIS: WHEN I WAS 7 YEARS OLD I DEVELOPED A LIST OF TWENTY EXERCISES THAT I DID EVERY MORNING RELIGIOUSLY; I BELIEVED THAT DOING THESE EXERCISES AND GETTING REALLY GOOD AT THEM WOULD ENABLE ME TO MORPH INTO A MUSCULAR GIANT.

giant. I derived terrific satisfaction from doing these exercises and I always had a "current best or improve upon my current record. Plus I was being goaded, guided and led on by my first mentor: at age seven I had a fight coach.

Cosmo Ferro with teeny little Phil.

My grandfather was a character. He was an old school, hardcore New Jersey Italian named Cosmo Ferro. My granddad was a boxing coach; a trainer at Paul Cavalier's famed boxing gym in Paterson. Starting at age 8, my grandfather, with my excited collaboration, worked me like a fighter: I learned to box from professionals, I learned about hard effective training from professionals, and I learned at an astoundingly young age. Boxing, punching, using my hands to strike, I have been doing it for so long that it is part of my DNA. My grandfather impressed upon me the fact that I had to "be in condition".

Cosmo goaded me and taunted me and lured me and challenged me and made me better. He taught me how to hit a heavy bag hard and right; he taught me how to build up my abdominals around my solar plexus; he'd have me hanging backwards off of a folding chair to do his torturous version of ab crunches; he taught me how to skip rope and impressed upon me why rope skipping is important, not just for cardio but for agility, speed, precision of movement and grace. I leaned that skipping rope, in the hands of a master, is a beautiful thing to look at–rhythmically mesmerizing, skillful and beneficial.

Much of Cosmo's Old School approach lives on through me today; a hell of a lot of those ancient lessons he taught me still ring true and I still use them and teach them. The men of that era did not baby themselves; they felt fighting, real fighting, was a brutal thing and ergo, the training needed to be brutal so as to prepare the fighter for the brutal realities of a real fight. Not that they purposefully hurt each other, however their PT (physical training) always took it right to the limit of pain and injury and their sparring was real as real could be. I try to keep that ancient flavor in my modern strategies.

I learned the psychology of coaching from that old man and use it to this day on my clients and students. Call it “elementary child psychology” or whatever, but I learned that doable challenges are important. The fact that someone is paying real close attention to your efforts is also real important. Cosmo’s approach was, is, and remains a spectacular way to coax clients into exceeding personal bests. As all good coaches know, the true gains lie in getting students to exceed their current capacities.

At home, all the males—grandpa, dad, and uncles—were genuine elite alpha-male athletes. As a child I idolized tough guys and fighters. My father was an All Metropolitan football player and former Marine. He wasn’t tall, but he was stout, thick, big and very powerful. I was tiny. I hated that. I intuitively sensed that intense physical exercise would enable me to transform from insignificant into a gargantuan super hero.

> AS ALL GOOD COACHES KNOW, THE TRUE GAINS LIE IN GETTING STUDENTS TO EXCEED THEIR CURRENT CAPACITIES.

No one ever needed to push me in sports, training or any physical task or challenge. I was *driven*–I wanted to be bigger, stronger and I wanted to be invincible. I HATED being small and skinny. I was actually picked on in junior high school. At age 12 I weighed 77 pounds and got bullied a lot by a kid who weighed 170 pounds. I actually wound up beating him up in the lunchroom; wailing the hell out of him in front of 150 students eating lunch when he pushed me too far. It must have appeared to have been a scene out of the horror movie *Leprechaun in the ‘Hood*. I punched him in the groin, thus doubling him over and all 77-pounds of me jumped all over him like a crazed screeching monkey. I proceeded to land about 50 blows on his big head with my tiny little fists before I was pulled off. He was in shock. Needless to say, he never bothered me again.

I went on to have four more major fights in 8th grade, despite weighing no more than 98 pounds at my heaviest. I won all of them; I was a savage dwarf. I became a pretty good wrestler in my freshman year of high school and by now I was up to 108 pounds. When I got involved in high school wrestling I was a holy terror. That’s when people started giving me respect; after all, the crazed dwarf had ripped apart five full-sized bad asses, all while weighing less than 100 pounds. I was killing it on the mats. Now I was starting to grow.

It was good to beat people up legally and have them call it "wrestling." I had despised feeling inferior and weak; beating up five bullies made me feel good about myself. I changed my inferiority complex through fighting. Beating the piss out of schoolyard bullies turned my frown upside down.

My Father was a former Marine and All Metro Football Player. When he saw I was serious about strength and sports, he gave me his old weight set. He also passed along his Joe Weider "Triple Threat" weight training manual. I hung my heavy bag and put my weights in the basement. I would train with my friends, but it seemed that I was rotating through friends, and that I was the only one who really stuck to the program throughout high school.

I played football, wrestled and ran track during my freshman year, and football and wrestling in my sophomore year. In my junior year I broke three bones in my back during our first football scrimmage. I was out for a full year—I missed a whole year of sports.

I really got into lifting during this "no sports" period. I lifted, ate, rested, and all of a sudden I picked up twenty pounds of pure, solid muscle. In my high school sophomore year, I wrestled weighing 129 pounds. We lived in a very sports competitive area, so I faced some tough competition. I was always either stronger or a good deal fitter and a lot more aggressive than any wrestling opponents my size. Whatever edge I had, I used it. But I did take my lumps as a younger guy challenging myself to face the older, tougher guys in the off-season tournaments.

After I recovered from injury, I decided to train for the Freestyle Wrestling State Qualifiers. I went from the 129-pound class to wrestling at 154, but with new found muscle. I made the cut and secured a berth at the Freestyle and Greco-Roman National Qualifier. Prior to my senior year of high school, I wound up taking 2nd place in the Eastern Region National AAU Wrestling Tournament: I weighed 154 pounds. I learned what an advantage brute power was in combat. Yes, we need skills, and yes we need to work the hell out of our techniques, regardless the martial discipline—however, regardless the discipline, school, technique or tactic, explosive power is a decided advantage for a fighter.

Now I had wrestling: it was organized mayhem and I was good at wrestling right away—and why not? I was strong as hell for my size and my cardio conditioning was off the charts; I had a nasty attitude and was extremely combative and competitive. I was a natural! I graduated from Ridgewood High School, and was the captain of our wrestling team.

My father was very supportive but realistic; I was, by the way, an honor roll student from a good high school. My parents did not really fully support my fighting career until my dad saw me beat six guys in a row at the Empire State Game Karate Competition in 1981. Things changed after I came home with a big trophy. However, my folks still were never

100% behind my full-contact karate, kickboxing and boxing aspirations, even though I won a great deal of tournaments and scheduled bouts.

By the time I graduated from high school, I had my full height and weighed a rock-hard, ultra-lean 170 pounds. You can imagine the psychological changes a boy goes through when he adds 50% to his body weight in just three years. When a kid goes from108 pounds to 170 pounds—in just 36 months it changes his perspective. Now while I might have been 98 pounds, I was *never* a 98-pound-*weakling*. I overcame my adolescent smallness by always being super-fit and super strong for my age and size. Always. Any age, at any size, I was always fit and I was always strong. I also ate food as if I were continually starving to death.

WHEN SKILLS ARE EQUAL BETWEEN FIGHTERS, THE STRONGER, FITTER FIGHTER WILL PREVAIL.

When skills are equal between fighters, the stronger, fitter fighter will prevail. I learned that early by having that decided advantage over my equally-skilled high school wrestling opponents. It was an "ah ha!" moment for me way back then. It is a message that still resonates with me to this day: increasing power and conditioning should be a continual part of the ongoing quest to be the best possible fighter I can be.

MY "FUTURE FRAME OF REFERENCE" WAS FORMED IN 1978.

Real fighting is very brutal. That sounds trite and ridiculous, but you would be stunned at how many wannabe fighters are shocked to their core and quit after getting smashed in the face with a fist, suplexed onto their head, punched in the throat, choked out or knocked freaking unconscious.

There was a very smart line in one of Clint Eastwood's *Filo Betto* fighter movies where his opponent says, "You are dangerous because you like the pain." In a weird way that is right on the money, though I would modify it slightly and say, "Real fighters take pride in how much pain they can absorb". I always have prided myself on my ability to take a beating.

In the movie, *Raging Bull*, Martin Scorsese presented a great portrayal of the superb Ray Robinson. "Sugar Ray" was the prototypical athlete-fighter that represents an opponent who is stronger, faster, more agile and has better reflexes than you. In the movie (and factually), Jake LaMotta, being beaten stupid, yet somehow was still standing, taunts Ray, his destroyer, "Can't knock me down Ray! *Can't knock me down*!" This to me encapsulates the Samurai/Bushido code I strive to emulate.

I have always had tremendous pride in my LaMotta streak, "I can take *anything* you can dish out and bounce back up and get right back in your freaking face! When I was a kid the Timex watch company had a corporate phrase, "Takes a licking and keeps on ticking." Amen to that.

My ability to take it has always endeared me to my mentors at every stage and at every age. In any and every martial discipline I have practiced, my pain tolerance and ability to always bounce back from some devastating blow or gruesome lock has always been one of my strengths as a fighter.

Is this "ability" a gift? Can it be attained? That depends on the individual.

I first became aware I possessed the gift of being able to "take it," when I was 16 years old and was thrown into the midst of some of the greatest wrestlers on the face of the planet. Seriously, these guys went to the Olympics, were World Class competitors and won national championships; these were grown men who did not give a good goddamn about me or my situation, this was not "mentoring" troubled teens or helping out as a big brother at the YMCA. I was a training partner to be used and abused as they sought fit.

In 1978, I heard about a gym in my area that had a bunch of high-level wrestlers as members. The gym was a commercial facility open to the public, but they also had wrestling mats and a bunch of topflight wrestlers trained there. I considered myself a wrestler, in the truest sense, and the idea of "rolling" with champions fired me up.

So as a high school junior, I headed to Dave Pruzansky's Nautilus Gym. Dave was a Pan Am champion, a deadly wrestler who also was the national champion in judo. His partner in the gym was Steve Strellner, one of the best wrestlers Iowa ever produced. Steve was the longtime head wrestling coach at Montclair State and was a collegiate champion and Olympic team alternate. Those were the owners; the members were twice as credentialed.

Kenny Mallory was there too, and wrestled for Coach Strellner, who everyone called "Strapper." Ken was so good he had a signature wrestling move; it was named after him, "The Mallory." Ken was the first-ever Division III national champion to win the Division I NCAA wrestling title. Before Ken, no Division III wrestler had ever won a Division I title.

In addition to these incredible wrestlers, the most decorated heavyweight freestyle wrestler this country has ever produced, Bruce Baumgartner, trained at Dave's gym. Bruce would win three world titles, seventeen national titles, three Pan-Am titles, eight World Cup wins and was the only American wrestler to ever win four Olympic Medals.

And then there were the Catalfo brothers...

Chris and Tim Catalfo were two of the baddest mofos I have ever crossed paths with, before or since. And trust me when I say I have seen more than my fair share of genuine badass fighters. These guys were savages; first to each other, then to the rest of the world. Chris was the youngest. He went to the Olympic Games as a Greco-Roman wrestler and was a Pan American Champion.

Tim Catalfo was big and very brutal. He was truly one of the best fighters I have ever encountered: he had the technique, he had the cardio, he had the pain tolerance and he was able to amp himself up like a beast during a fight. Both men gave the word “intensity” new meaning.

Tim possessed an ungodly explosive power that rocked opponents. He tossed topflight wrestlers around like they were 6-year-old children. He was operating at an entirely different strength and power level than the rest of us. He could pick you up and pile-drive you, hip throw you halfway across the room, and then land on top of you with his full bodyweight. Both men were feared and both had a reputation for being brutal. They would typically dislocate the arms and shoulders of opponents.

Tim later went on to fight in the earliest versions of MMA in the early 1990s. There were very few rules then. The Japanese loved him and gave him his nickname, *Obake,* which means Monster. He was that and then some. I should know, I was on the receiving end of his power moves. Man, did I take my lumps!

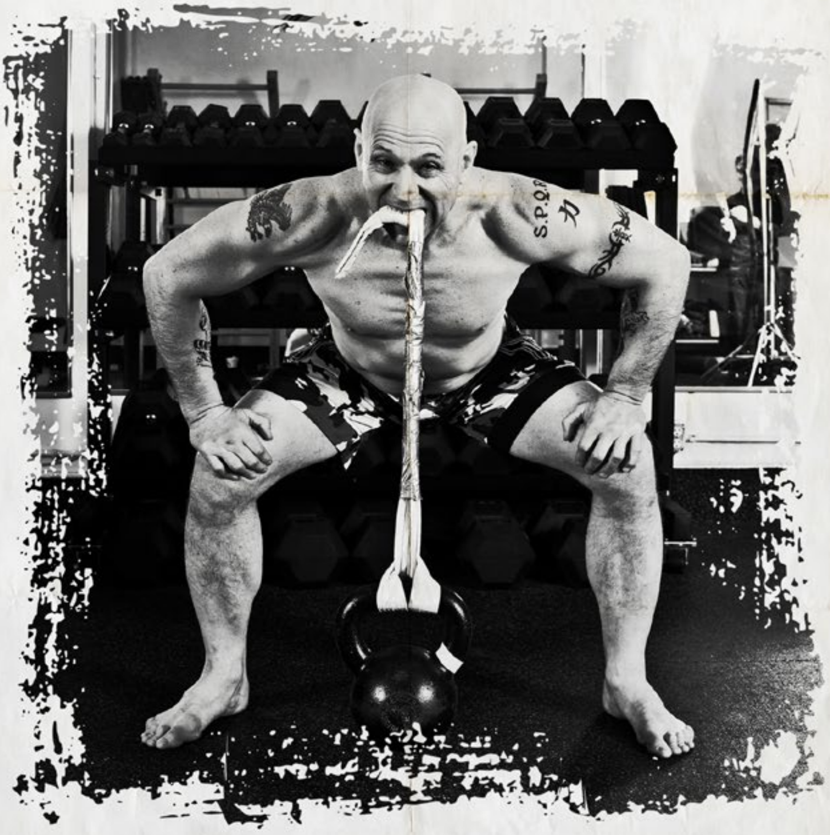
I was a 150-pound high school kid yet these guys took a shine to me, especially the Catalfo brothers. I was game and scrappy and I kept coming back and they kept beating me up—but I still showed up three times a week. I trained at this gym from the April of my junior year in high school until I left for college the following fall. When the guys went back to college, my friend Dave O’Hanna—an accomplished high school and Division 3 wrestler and a member of the US Army 82nd Airborne—and I would meet to train at the gym. There’d always be some high-level wrestler around to train with.

The Catalfo Brothers and Dave Pruzansky taught me how to throw my opponents, which earned me a second place in the 1979 AAU Eastern National Greco-Roman Wrestling Tournament. I learned a great deal during my time there: toughness, perseverance and how to be nasty.

I never feared *anyone* on the mat, ever. I knew that anyone that I faced wouldn’t be as good as these guys.

WHAT I BRING

TO THE PARTY...



So do we *really* need another fighter training book? The world is flooded with fighter training styles and strategies. so what do I, Phil Ross, bring to the fighter party that is new, improved or different? Why should the serious fighter take the time to understand and incorporate my protocols into their training template?

I can increase your striking power to a significant degree and I can significantly elevate your cardio conditioning. To put a finer point on both attribute acquisitions, I can provide the fighter a particular type, kind and flavor of strength that is particularly applicable to fighting; I can provide my fighters a particular type, kind and flavor of cardio conditioning most applicable for the peculiarities of fighting.

What I offer the modern martial artist is a new and extremely effective approach towards the age-old problem: how does a fighter increase and improve—to a dramatic degree—their current level of power, strength and conditioning? How does a fighter increase and improve—to a dramatic degree—their level of cardio conditioning?

Note that I make a point to say I can offer you dramatic improvement: any new training program taken up by a serious fighter/athlete will likely yield some short-term instantaneous results due to the newness of the protocols. These gains are quick and insignificant.

My protocols are unlike anything the athlete has ever been subjected to and the results obtained are both dramatic and sustained. Why? My protocols are progressive; as soon as the athlete adeptly performs one of my drills, there are other drills of greater complexity and severity. We never run out of room to run because there is always another progress-goosing protocol to rotate in.

After 30 years of fighting and training fighters, I have built up an arsenal of effective protocols and workouts, from mild to wild, from tame to insane. This has been my life's work; fighting is my art. I have been immersed in fighting since and fight training since age 7, I am now 53 years old; you do the math.

My protocols are all designed to create a type of strength and conditioning applicable for fighters. We seek to create a certain type of strength. We seek a certain type of cardio conditioning. There are different degrees and shades of strength and conditioning, and I intend to share with you which specific type of strength you should seek, what type of cardio conditioning you need to attain—and I will show you *exactly* how to acquire exactly what you seek.

We fighters need explosive power that translates into knockout blows; we need herculean power that enables us to manhandle opponents. Real power shocks and rocks, real power is the most frightening attribute a skilled opponent can possess. Fighter strength is expressed by blows that render people unconscious, and fighter strength is expressed when the strong man exerts his will and turns a routine clinch or a simple lock into a submission.

Fighter power is the coordinated ballet wherein groups of muscles work in harmonious synchronization to deliver a ferocious punch, a bone-breaking kick or to perform a devastating throw or apply a simple joint lock. Power is about imposing your will on the opponent: truly powerful people are also adept at absorbing blows and avoiding injury. Strength training makes you bulletproof.

We fighters need a particular and specific style of cardio conditioning: the modern fighter must be adept at exerting a high level of energy output for protracted periods of time. MMA fighters must possess the type of stamina that allows them to continue to make extreme muscular contractions while deep in an aerobic zone.

It is not enough for the fighter to be able to perform steady-state cardio, that flavor of aerobic conditioning is better suited for a marathon than an MMA fight where the athlete must push, shove, punch, kick, throw, clinch, grapple and dodge—all of which require *intense* and *instantaneous* muscular contractions. Muscular contractions require oxygen and lots of contractions require lots of oxygen.

The ability to put out a high volume of high intensity muscular contractions late in a fight is the hallmark of a truly great fighter. My training is designed to provide “fighter strength” and “fighter cardio”.

I use three tools: a kettlebell, a jump rope and bodyweight. I have thirteen core exercises. When you take into account the variations possible within each of our core thirteen exercises (seven, kettlebell: six, bodyweight) and further examine the possible exercise combinations (adding the variable of sets, reps, pacing, duration and rep speed), you will see that we can create unlimited variety and variation possibilities.

DEALING WITH CATASTROPHIC INJURY:

ONE TALE WORTH RETELLING

Real fighters get injured. It comes with the territory. Fighting isn't tennis or bowling; we punch and kick one another in training and in competition; we accidently butt heads, twist joints, land wrong and hurt ourselves and our sparring partners. Hell, the goal of fighting is to inflict injury on the opponent and anyone who says differently is not a real fighter. When we compete, regardless the fighting format, the idea, the goal, is to decimate the opponent.

In wrestling, jujitsu, sambo and the grappling arts, the goal is to submit the opponent; in Muay Thai, boxing and karate, the goal is to knock the opponent unconscious. Hurting your opponent breaks their spirit and changes their mindset. Inflicting pain makes it easier to defeat your opponent and impose your will. Is it any wonder that injury and dealing with injuries is an integral part of the fight game?

In 2010, right before my 48th birthday, I got a wild-haired idea and decided to enter the NAGA Battle at the Beach Brazilian Jiu Jitsu and Submission Fighting Competition. I entered two divisions at Light Heavyweight (179.9-199), Expert No-Gi, 40-49-years-old and since I have only trained Gi BJJ for 3 months prior, I went white belt level, but fought in the 18-29-year-old division.

There were 49 competitors and since I was the oldest and the lightest (184 lbs), I was awarded a bye in the first round. I had five fights during the day-long tournament and went undefeated. I didn't give up one point in any match. I had a great day; from a fighting perspective it could not have gone better. The competition was of a really high caliber, and at age 48—literally twice the average age of the competition—I not only won, I dominated. I got a lot of attention for this dominating performance and consider it one of the highlights of a long fight career. Little did I know that it'd be my last...

A good friend of mine, Ryan Ciotoli, was the head trainer and manager for a MMA fight school called The Bomb Squad. Based in Ithaca, NY, this club was rightly considered one of the best MMA fighter prep outfits in the country. Ryan coached and trained many fighters that competed and won in the WEC, Bellator, Ring of Combat and the UFC. The best MMA fighter of the last decade (with the possible exception of Anderson Silva) Jon "Bones" Jones was "discovered" and mentored by Ryan before he went to Greg Jackson's Camp. Anyway, after my dominant performance at the Battle of the Beach, which Ryan witnessed, he suggested something I hadn't really considered: he wanted me to become an MMA fighter for The Bomb Squad.

Wow. What a huge compliment from a guy who knew MMA inside and out and would NOT waste his time, effort or energy on any fighter that he did not feel capable of entering the biggest, richest, most competitive fight venue in the world (excepting a very few pro boxers). I was intrigued. Ryan explained that he felt my balance—I was a grappler and a striker—my conditioning, and my power would make me a formidable MMA fighter. I was stoked! Hey, coaching the fighters is fun and I am really good at it, but training to fight in the cage at my age fired me up like I hadn't been fired up in decades! This was purely incredible.

We had quite a few tough cage fighting pros at my gym at that time. These guys were in the UFC and Bellator (think of Bellator as college football, and UFC as pro football). I stepped up my training dramatically and increased the frequency and intensity of my MMA. I trained with a vigor and intensity that I didn't know I had. I was determined to put myself in the best shape and condition of my entire life. I trained like a demon and everything was on track: I was determined to blow some MMA minds.

During one of our heavy Thursday night sparring sessions in October of 2011, I took a hard hook shot to my head. I heard a crack, saw a flash of light and experienced an incredible burning sensation from my neck down into my right hand. I'd been hit harder in my life (though, truth be told, this was the worst blow I'd taken in years) and I did not think much of it. I went home.

The next morning, I did my usual warm-ups and went to hit the heavy bag, my first serious drill of the day. When my fist impacted the bag I experienced what might be compared to an electrical shock. I hit the bag once and dropped to one knee in pain: I had no control of my right hand. I couldn't clench it to make a fist and I saw my MMA dreams fly away. I knew injury and I knew how to differentiate between a nagging injury, a serious injury and a catastrophic injury.

This injury was potentially a career-ender. I steeled my mind for the worst eventuality and went to see a doctor.

My doctor ordered an MRI. I had what he called "severe stenosis," the single blow to my skull, added to years of abuse, had herniated two discs completely and created five bulging discs. The bad news got worse when it was determined I also had an "osteophyte on the inside of my spinal vertebra that was causing edema to form on my spinal cord." In other words, the impact from the blow caused a calcium deposit to smash into my spinal cord. I had a permanent spinal scar and irreparable damage. My body had lost the "signal" to my thenar muscle—permanently.

It was determined that I would need surgery and the outcome was a 50/50 chance of ever returning to "normal."

During the time between my injury and my eventual operation, I continued to train "around the injury". That is, while I could not engage in any training that aggravated the damaged body parts, I could work the rest of my body. I trained the body parts that I could like a maniac. I was so screwed up that I could not press a 22-pound kettlebell with my right arm. My hand was so pathetically weak. I still worked hard, primarily with calisthenics. I had no hand strength and things got positively scary when my hand began to whither away.

I met with my doctors and we scheduled my operation for December 22nd, 2011. I trained what I could train even harder. My mind was racing and my emotions were high. I never let on to anyone that for one of the few times in my life, I was scared. I was losing everything I had worked my whole life to attain. I felt my livelihood could be at risk: so much of what I do depends on me demonstrating what is expected and if I suddenly could not perform the drills I expected others to perform, I didn't see how I would be able to teach.

> I NEVER LET ON TO ANYONE THAT FOR ONE OF THE FEW TIMES IN MY LIFE, I WAS SCARED. I WAS LOSING EVERYTHING I HAD WORKED MY WHOLE LIFE TO ATTAIN. I FELT MY LIVELIHOOD COULD BE AT RISK.

I underwent a four-hour surgery. The surgeons worked on my injured vertebra but decided against spinal fusion or any "trimming" of my discs. In technical terms I had to undergo a "frenectomy" and "laminectomy" on four of my vertebra: C6, C7, C8 and T1. They had to alleviate the pressure on my nerves by removing the lamina and cutting windows in my vertebra.

When I awoke, it felt as if I had 100% of the power back in my right hand. I was ecstatic! In fact, I had less than 50% of my pre-injury arm strength—but 50% was 100% improvement over 0%!

Now the real work began.

I was laid up at home for a little over a week and went back to work on January 2nd of 2012. One of my surgeons, Dr. Arnold Crisitiello, was a member of my gym. He saw me training in the immediate aftermath of the surgery and expressed his concerns: if I came back too fast too hard I could really screw things up. He asked me if I was still taking the prescribed painkillers. I told him that I stopped taking them two days after the operation. He told me that regular people take six weeks off from work after undergoing the type of injury I had incurred (which usually happens in auto accidents involving head trauma). He repeatedly cautioned me to "be patient." But I didn't listen.

I started rehabbing myself with push-ups and planks at twenty days post-surgery. I tried to do a pull-up. I heard a snap and felt a sharp pain in my neck. I had ripped one of the sutures and "disconnected" muscles from insertion points. I now have a little hole in the back of my neck and will have it forever. Chastened and more than a little relieved that I had dodged a bullet, I now I took Doc Arnold's advice to heart and became patient with the process. I waited six weeks until the doctors determined I fully healed before I resumed my rehab training.

Six weeks after my surgery and after getting the medical sign-off, I began training again. I began with planks and push-ups and I was past pathetic. Five rep sets of push-ups were kicking my ass. I like challenges but I didn't like this one. I was 49-years old and I felt 49. This was a first because up until this catastrophic injury, I have always looked, felt and acted 20 years younger than my actual age. I was old, felt old and hated it: I was determined to regain what I had lost but had to make haste slowly. I had dodged one bullet trying to come back too soon and I sure as hell did not want a repeat performance.

I began doing a great deal of grip work for the withered hand. I did plank pull-ups and got my push-ups back up from 5 to 20 full reps per set. Once I was able to perform 20 reps of hip level plank pull-ups, I progressed to full, (no thumb) tactical pull-ups. I was able to do one rep. By April of 2012 I felt I had recovered to a significant degree. I was set to begin work on a project I had contemplated for a decade: I wanted to create a filmed "encyclopedia" of kettlebell exercises; I called the project "The Kettlebell Workout Library" and started filming in May of 2012. Naturally I wanted to be in tiptop shape, yet knew I could not go buck-wild. I was NOT going to reinjure myself.

By the end of April, I was able to do sets of 12 pull-ups and virtually all of my kettlebell exercises. I started to add weight to all the exercises and worked on getting my strength back. I was able to do a set of five bottoms-up kettlebell presses using a 44-pound kettlebell. This was with the formerly withered hand.

> SEVEN MONTHS AFTER THE OPERATION, I WAS ABLE TO COMPLETE THE GRUELING “SECRET SERVICE SNATCH TEST”. THIS REQUIRED SNATCHING A 53-POUND KETTLEBELL FOR 200 REPETITIONS IN 10 MINUTES OR LESS.

Seven months after the operation, I was able to complete the grueling “Secret Service Snatch Test”. This required snatching a 53-pound kettlebell for 200 repetitions in 10 minutes or less. I finished my 200 snatches (without pain) in 8:48. This was a real turning point and made me feel like I was finally successfully mounting a comeback.

While this was being written, I regained approximately 80-85% of the strength in my right hand. I think that I may be topped out, but I’m still working on it. On good days I can hang in an L-sit position holding onto the chin bar with only my damaged right hand. I’ve hit 20 reps in the tactical pull-up on more than one occasion.

The doctor who handled the neural section of my operation is named Dr. Pat Roth; he is the author of the best-selling book, *The End of Back Pain*. He told me that most likely I would need a neck operation at some point in my life due to a genetic condition called “congenital stenosis.” Like many other people, I have a narrow spinal canal, more narrow than normal. It’s something that you’re born with.

The blow to the head simply accelerated everything. I had noticed for years prior to my surgery that my right arm was getting weaker. I also experienced shoulder and neck pain that I attributed to the normal aches and pain associated with hard training. I can’t tell you how many times when sparring or grappling that I’d get a “burner,” a shot of pain that ran down my arm. I would see a flash of light, pain, and numbness but shrugged it off. It all made sense now.

While part of me feels cheated out of my late-in-life MMA dream, another part of me is thankful that I was able to recover from a catastrophic, potentially career-ending and livelihood-ending injury. Still, I really think that if I had not gotten injured, I would have been able to enter the cage and would have shocked some folks. On the other hand, I peered into the abyss of total body destruction and was able to stay in the game.

I thank my lucky stars that I was able—barely—to dodge permanent debilitating injury. Had things gone slightly differently, I would be a cripple walking around with a worthless hand attached to a withered arm or have been paralyzed.

GREATNESS

THE COMPONENTS

OF A SUCCESSFUL FIGHTER

Becoming a Great Fighter is one of the coolest things on the planet! Let's consider what ingredients it takes to become successful. Some people are born with these attributes, yet others develop them over time through their training and determination.

DRIVE AND DESIRE

To become a Great Fighter, you must have the drive and desire for greatness. This is the willingness to put our body, soul and comfort to the side and accept the pain and sacrifice that is required to prepare your self for—and to engage in—combat.

DISCIPLINE

Discipline is the most important component for success in any field and one of the major reasons that West Point puts out more millionaires than any other college. This attribute goes hand in hand with Drive and Desire. Discipline is often the differentiator between two otherwise equally matched opponents. Do you stick to your training, eating and sleeping schedule? Do you perform tasks that you absolutely hate, but know are good for you? Discipline will enable you to stick to your fight plan while under fire. Discipline forges an Iron Will.

TOUGHNESS

You have to be tough. You may have the desire, but can you take the punishment? The body and spirit get tested, often. Do you have what it takes to come back from a potentially career ending injury? Can you withstand the abuse? Will you be able to handle the lack of support from your friends and family? The loneliness associated with your training regiment? Getting kicked and punched in the head, resisting a submission attempt, coming back from being down in a fight to score a knockout or submission? This all takes toughness. You have to be tough to be a successful fighter.

NASTINESS

Nasty. Yes, NASTY! You have to want to hurt people and impose your will. When you see someone on the ropes, you need to posses the bloodlust to finish them off without any hesitation whatsoever. When you hit, you hit hard. When you apply a lock, it's with your whole body. Wanting to see your foe lying defeated on the ground in front of you is important. Not stopping until you've achieved is more important.

ATHLETICISM

Being a great athlete does not make you a great fighter, but athleticism helps. I've seen some incredible athletes get destroyed in a fight by a guy who looks like he just raided a doughnut shop! Possessing athleticism makes you more in tune with and in control of your body. This facet helps immensely with movement and application of technique. Natural athletes flow better from one move to the next and tend to absorb concepts more readily.

HATRED OF LOSING

Everyone likes to win, but you NEED to hate to lose. You must hate losing so very much, that you will do anything not to be defeated. This comes from your training. Pick something that you hate to do. Take roadwork for example. If you hate to run, make sure that you do it on a regular basis. If you detest stretching, do it every day. Whatever it is that you dislike doing most, make it part of your training routine. This will evoke the strong emotion of disdain when you are confronted with adversity during a contest. Do not allow yourself to lose to someone that you trained so hard and sacrificed so much to beat in your preparation.

CHANNELING OF FEAR

I don't care who you are, there is a point, albeit a short period of time, that you question yourself. No matter how many fights I had, there was always some point that I would question what I was doing and why I felt the need to hit, throw or choke someone. This would usually happen right before I entered the ring or mat. I wouldn't have it while training or even while warming up, but it would hit me right before I was about to go. Then the feeling would completely disappear at the time of contact. I had similar feelings playing football. The "butterflies" (the pre-game sensation in your stomach) would go away when my pads crashed into the opposing team member's pads while flying down the field on the kick-off.

I have seen guys get so worked up and so nervous that the fight doctor has had to call the fight due to dangerously high blood pressure. There have been many instances when guys have simply left the building before their fight. They "lost their nerve." I had one student who had incredible athletic ability as well as technique. This all went good, as long as he was winning. He lost at a Jiu Jitsu tourney and at the next competition he feigned a stomach illness right before his division and pulled out. Obviously, he's not cut out for competition. He's no longer a member of my school either.

The Successful Fighter knows how to bend the fear to his advantage. Channel the adrenalin dump and harness the fear as he directs the energy toward his opponent.

STRENGTH, POWER AND CONDITIONING

This is where we come in and something that you, the fighter, coach, instructor, athlete or martial artist are in full control of, your strength, power and conditioning.

Some people are born with better genetics and are naturally stronger than others, at the onset. However, how many times have the more gifted athletes fallen by the wayside as others with drive, discipline, desire and a succinct training protocol surpass the more gifted? I've seen this far too many times in my life to discount a superior training regiment. The best thing about this is that your training is 100% in your control!

WHY ALL FIGHTERS NEED TO TRAIN

FOR STRENGTH & POWER

Have you ever wondered why we have weight classes in fighting? Seriously, let us take a minute and explore this: the short answer to the rhetorical question is, "We have weight classes in fighting because a big skilled fighter will crush a small skilled fighter". When we examine what we mean by "big" really what we mean is "strong" and "powerful" not "big".

The power and strength that a big man has makes fighting a smaller fighter unfair. Why would it be a mismatch to have BJ Penn battle his good friend Mark Coleman? The Hammer would be the first one to say, BJ is simply a better fighter: he is faster, and has better submissions than Coleman. BJ is in better condition and trumps Coleman in every definable fight category except one: raw human strength.

At 6'2" and a shredded 245 pounds, Coleman would simply manhandle the 145 pound Penn like a stern father scooping up a 6-year-old throwing a tantrum. Now, if Penn were facing a "normal" 245-pound male "civilian", he would easily whip the untrained person, despite his 100 pound size difference. Pure power makes Coleman versus Penn manslaughter.

For that matter, why separate men and women by gender? Why is it so ridiculous to have 135 pound Ronda Rousey fight 135 pound TJ Dillashaw? Ronda may have better fighter credentials than TJ, but he would be too much for her to handle. Why would Tyson versus Sugar Ray Leonard be a massacre?

Two words: power and strength! But what *kind* or strength? A fighter needs strength, but strength combined with speed; a fighter needs strength that is combined with velocity to produce power. The slow strength of a giant clumsy person is of no use to a fighter. We seek "shock power" for our punches and kicks. Our shock-power is apparent when we grab an opponent or in the ease of which we muscle an opponent around. With shock power, we effortlessly dominate in clinches and when grappling.

The question then becomes: can a fighter increase his raw quotient of power? Can a fighter find a protocol that infuses him or her with a dramatic increase in usable athletic muscle, strength and power?

- ***This book is a handbook for using kettlebells and bodyweight exercises to dramatically increase any fighter's current levels of power, strength and overall conditioning. I offer specific techniques and specific training protocols designed to lift the fighter's shock-power to the next level.***

- ***This book is a handbook for using kettlebells and bodyweight exercises to dramatically increase a fighter's current degree of conditioning. By purposefully injecting intense physical effort into our cardio training, we "build a bigger gas tank," we increase the type and kind of cardio most needed for fighting.***

Martial artists need the ability to employ explosive strength over a sustained period of time. A flurry, scramble, clinch or submission attempt might last ten seconds or four minutes. We teach the body how best to process lactic acid, how best to deal with the adrenalin dump, how best to maintain and prolong muscular endurance without burning out, without gassing out, without sacrificing the explosive power necessary to execute that crushing throw, deliver the knockout punch or apply a bone-busting finishing hold. We build power and we build endurance—those are two awesome attributes for a fighter to possess.

I can show you how to improve your raw power and I can show you how to improve your cardio: I can give you the kind of power needed to overpower an opponent and I can give you that particular flavor of cardio peculiar to fighting.

Fighting isn't a weightlifting contest and fighting isn't running a marathon: the weightlifter's slow strength is fine for picking stuff up, but for fighting our strength needs to be expressed fast, quick, snappy and with shock-power in the hands and legs. The marathon runner's cardio is fantastic for gliding 26.2 miles. But that type of cardio does the fighter no good when Brock Lesnar is attempting to kill you with a neck-crank. We fighters need a specific brand of power and we need a specific type of cardio.

I am not a personal trainer or a fitness expert inventing a training program to capture a new sales market. I am a fighter. Period. Always have been, always will be. I am an elder tribe member at this stage of my career, having fought competitively for over thirty years. Now my focus has shifted toward making others become better, faster and stronger.

I look at any and all training through the eyes of a fighter. Will this tactic, will this exercise, will this set and rep scheme, will this frequency improve me as a fighter? Yes or no.

I have been doing this for the entire time I have trained. I trained with a purpose: to be a better, stronger, more successful fighter. I adapted movements to be more purposeful for fighting. I give new ideas a serious tryout using myself as the laboratory. I test them dispassionately. After a reasonable period of time, I come to a conclusion about the tactic or technique: did it work? If it did, I add it to the lineup. I will also pass it along to students.

All the techniques and tactics we discuss and recommend, all the training plans and routines, have been tested and passed the test: all are battle-proven.

Prolonged practice in the combat arts not only builds character, but reveals character. Martial training better prepares a person for when adversity strikes. Martial arts immersion forces the athlete to confront their weak points, and face their short-comings in order to improve.

It is my desire to share my accumulated knowledge with the larger martial arts community so that others may benefit from the hard and often profound lessons I have learned. I want to contribute in some small way. I truly believe that the world would be a better place if people everywhere would adopt the tenets we teach and demand of our students: discipline, work ethic, truthfulness, respect for others, and reverence for the martial traditions passed to us, that we in turn pass along to you.

TOOLS AND MODES...

Hardstyle kettlebell training lends itself to sport and combat fighting. We need explosive, kinetic energy powering our strikes and blows. The optimal blow is the perfect combination of mass, acceleration and force: when a massive object is propelled with tremendous velocity, it impacts explosively and causes maximum damage.

At the other extreme is an “arm punch.” An arm punch is unconnected to the torso: the arm extends and because there is no packed shoulder, no engaged lat, no leg and no explosiveness, the impact is insignificant. A 240-pound man with a 500-pound bench press that arm punches, causes far less damage than getting hit by a 140-pound lightweight boxer who hits with tremendous kinetic energy and explosive power.

The arm puncher simply extends their arm. My fighter training protocols for kettlebells and using bodyweight teach shoulder-packing and lat-engagement; these are strategies designed to develop and improve applicable power. Conscientious kettlebell and bodyweight training will make you faster, far more powerful, and able to transmit pure power from the soles of your feet to the fist or foot, shin or elbow that you deliver the blow with.

The COG or center of gravity of the kettlebell changes throughout the movements, and that is a good thing. When in the white-hot heat of battle against an opponent, the body must compensate for shifts in weight during movement. We need the ability to apply our power from a variety of angles and awkward positions. Explosiveness is a learned skill and using the kettlebell or your bodyweight in the fashion I recommend will result in a tremendous increase in your raw power and stamina.

CIRCUITS, GROUPINGS AND STRATEGIES

Once you have a working knowledge of the exercises which I champion, and once you are aware of the techniques required, then it is time to train. Generally speaking, we do sets and repetitions, that is, once we select a movement, we will have a predetermined rep target and a predetermined number of sets.

In kettlebell training, we employ several different types of circuits. A circuit groups various exercises together to elicit a specific effect. The dynamics of groupings and multiple sets and sequences will yield different results. In other words, do a movement solely, completely, properly and with the correct amount of intensity and reap a certain result: perform the identical movement in the identical way as part of a group of movements and elicit a different physiological response.

A word on technique: we worship at the altar of correct technique, be that the technique of slinging a kettlebell or grinding out a high intensity set of push-ups or chins-ups. If and when your technique starts to break down as you perform an exercise, curtail that set! Injuries occur when we continue when fatigue sets in. We'll tell you when to be a hero, but being a hero at the wrong time can cause a career-ending catastrophic injury.

SUPERSET

Superset is a term that I borrowed from bodybuilding. To superset is to alternate—take two movements and perform them in a row without resting. If you were super setting pull-ups with push-ups, the superset strategy is a set of pull-ups followed immediately by a set of push-ups, then rest. If you were doing three supersets the format would be: 1, 2, rest, 1, 2, rest, 1, 2, rest... I like to superset pushes with pulls. Combine a kettlebell press with a row, for example.

POWER COMPLEX OR GIANT-CHAINS

We string together sequences of 3-4 exercises, again without pause between the exercises. The rest periods happen at the end of each chain. One typical complex: narrow-grip push-up, hanging leg raise, kettlebell row and goblet squat. Note that although four movements were selected, none “conflicted”.

The push-ups hit triceps and pecs, leg raises attack abs, and the rows zero in on the lats and mid-back, while squats hit the thighs. You could also seek the opposite effect and use four exercises in a row that all hit the same muscle group. The choice is yours, but must be predetermined depending on the result you seek.

CARDIO CHAINS

If we seek to improve our muscular endurance or strength endurance, we can use the chain complex strategy for cardio development by simply performing high reps. A power chain might consist of goblet squats, double kettlebell rows, and double overhead kettlebell press. A chain can be done for power and strength by using heavy poundage that taxes the athlete in ten or fewer reps.

To convert a power chain to a cardio chain, keep the exercises, keep the sequences, but kick the reps upward to 20-100 per set. Increase cardio density by performing lots of cardio chains.

TABATAS

Professor Izumi Tabata developed a protocol for Olympic speed skaters that I use. Blast as hard as possible for 20 seconds. This is followed by 10 seconds rest. Every 30 seconds you complete one “Tabata cycle”. The Tabata protocol is to keep this up for 8 cycles of either 12 minutes, three exercises or 20 minutes of five movements. I will use this approach, though I will alter the session length, depending on what is being sought after and worked on. Needless to say, this is a lung-burning, incredibly intense and demanding protocol.

WARRIOR’S CHALLENGE

This is a cardio method used by combat athletes to “build a bigger cardio gas tank”. Think of the Warrior’s Challenge as a Tabata on steroids. Select 8 to 10 movements, link them together in a cardio giant chain. While Tabata had his athletes go all out for 20 seconds, the Warrior’s Challenge demands 30 seconds per burst. The athlete is allowed 15 seconds rest between bursts and we will repeat the 8-10 exercise long chain for three or

SCRAMBLED EGGS

This is another cardio or strength-endurance workout. The idea is simple: you either use high repetitions or you forget about counting reps and simply see how many reps you can do in the allotted time. String together a bunch of exercises, and there is no rest until the total circuit is complete. A typical Scrambled Eggs circuit might be 8 to 10 exercises long, and all are done in succession with no rest until the last rep of the 10th exercise is complete. The net cardio impact of this type of training is profound: those who can embrace this difficult type of training acquire incredible muscular endurance.

PHIL R
S.W.A.T. K BELL
BASED TRAI YSTEM
www.KettleB om
201-61
AMERICAN EAGLE MA
MARTIAL ARTS
CHALK CHALK

Bad to the Bone: Phil dressed up and ready for some self-inflicted body trauma

PHIL'S PHILOSOPHY OF FIGHTING

All I need to train myself (or you) as a fighter is a kettlebell, a jump rope, a chin-up bar and somewhere to do the drills and roadwork. I am simple and direct when it comes to my philosophy of fighting: we need to train our fight skills and we need to train the body. A better body makes for a better fighter. A smart fighter breaks down the quest to become a better fighter into two parts: skills and attributes.

- **Skills** differentiate one fighting style from another. Want to become a better Brazilian jujitsu fighter? Learn the fight style, the techniques, the skills specific to BJJ under the auspices of a master. Each fighting style will have a skill-set unique to it. Nowadays, mixed martial artists incorporate a wide range of skills gleaned from different fighting styles. We separate learning the skills that define a fighting art from improving the athletic attributes that give us better bodies.

- **Attributes** are identifiable physical characteristics, physical and psychological abilities and capacities that we identify then train to improve. We seek ways by which to improve our body and our performance. If we are able to become leaner, faster, and stronger, if we are able to have better endurance, to leap higher, to jump further, if we improve our reflexes and develop a higher pain tolerance, then we improve as fighter. If we can identify an attribute, we can devise a training protocol to improve upon it.

This book is about identifying and then improving the attributes needed to make you a better fighter. Regardless if you are a 10th degree master or a white belt beginner, if you are able to significantly improve on certain physical attributes, then that automatically translates into improved fight performance. What fighter, regardless of age, skill or rank, does not become a better fighter if they dramatically increase their endurance and/or their strength?

I have developed an arsenal of exercises and protocols that improve the body and improve the body's capacities, capabilities and performance. You need to work on your martial skills in your own way. My job is to provide you with a system for improving a long list of identifiable physical attributes.

I have devised a streamlined system for training fighters that allows us to improve across the board in a very broad, methodical and effective fashion. My system improves the human body emphasizing the traits, characteristics and attributes needed to become a better fighter. I use a deceptively simplistic system that uses a bare minimum of tools.

2nd Place
1st Place
3rd Place
NAGA
NORTH AMERICAN GRAPPLING ASSOCIATION
GRAPPLING CHAMPIONS
BATTLE AT THE BEACH - AUGUST 7th & 8th, 2010

THE EXERCISES

Be critical. When looking to improve or revise your training, you should always ask yourself, “Why am I doing this exercise? To what end? What is the expected result?” Every exercise I recommend has an exacting technique and this technique needs to be closely adhered to if we expect to obtain the desired results.

Bruce Lee’s training partner Ted Wong famously limited himself to four punches and four kicks—that was his entire martial repertoire. He explained his approach as “fewer things done better”. He spent all his time mastering the important kicks and punches; he was extremely exclusive, and so am I. Seek to become extremely proficient in the few exercises I use and recommend.

I have pared down and reduced my menu of exercises. Like Bruce Lee and Ted Wong, I want to limit the exercises. It’s better to master a few than be familiar with dozens. I have selected seven kettlebell exercises and six bodyweight exercises—keep in mind that each of our thirteen exercises will have numerous subtle and overt technical variations.

CONCENTRATE ON THE BASICS

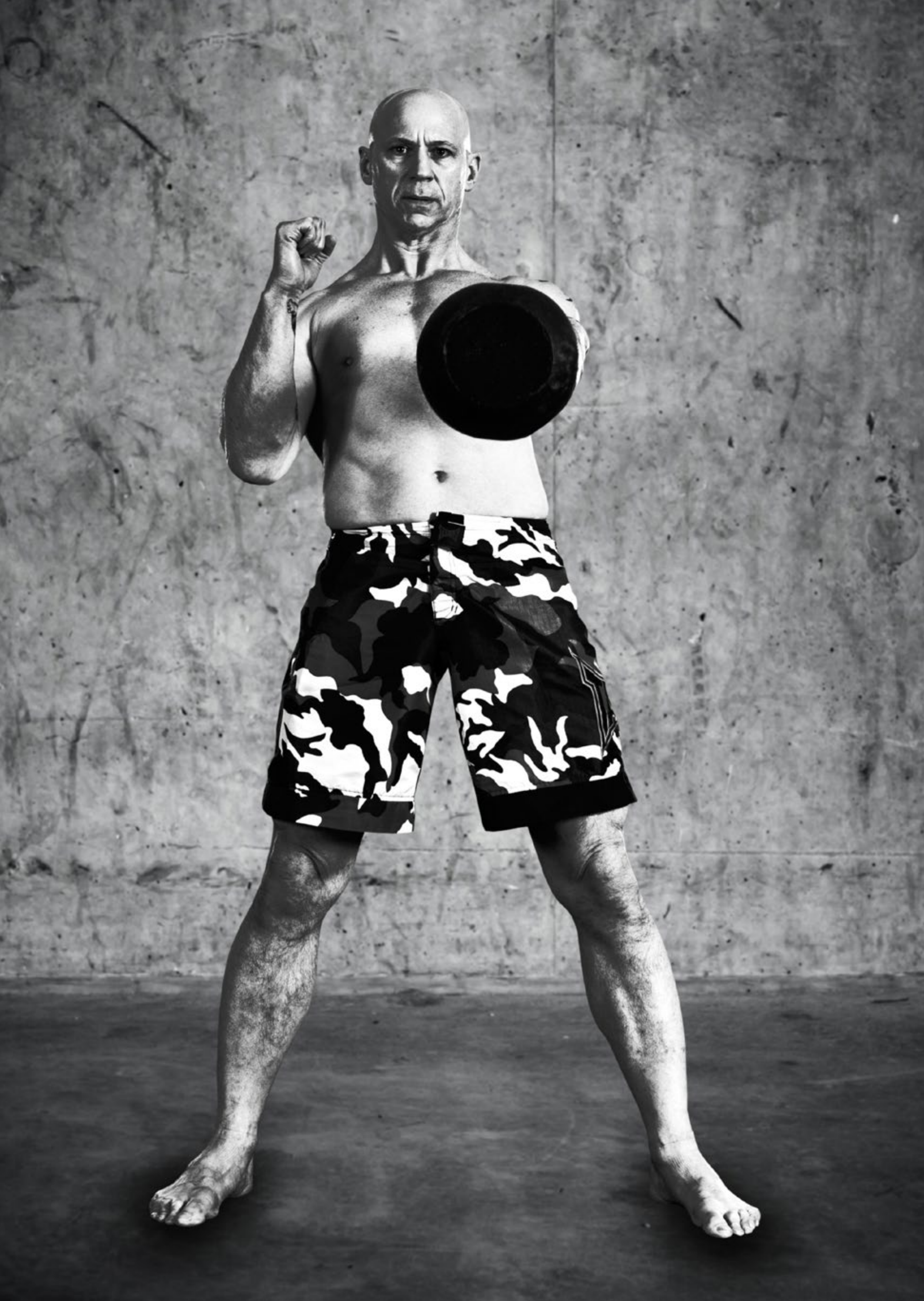
Not all kettlebell exercises are created equal. I use a very limited number of key, critical kettlebell exercises. With these seven kettlebell movements, I am able to achieve any training effect I care to strive for. While there are an almost infinite variety of kettlebell exercises, many are variations of the core seven movements I use.

For each movement, I have developed a special technique designed to squeeze all the results possible out of that particular exercise. Various exercises can be grouped or paired differently. Sets, reps, frequency and duration can be tweaked, modified or manipulated to obtain a specific result.

After a few decades of fight training, I have learned what exercises work and what exercises are redundant or a complete waste of time. Also keep in mind that first and foremost, this book is about making you a better fighter. I am not here to make you a better kettlebell lifter. That is not the goal. It just so happens that becoming a better kettlebell lifter also happens to make you a better fighter. It is a coincidence we use to our advantage.

You need to learn these lifts and do them in the way they are supposed to be done. Sloppy technique will get you hurt. Make haste slowly: learn the technique using light poundage: drill hard, long, and repeatedly, always looking to hone and improve exercise technique. Do the exercises as often and as hard as is recommended.

The Kettlebell Lucky Seven

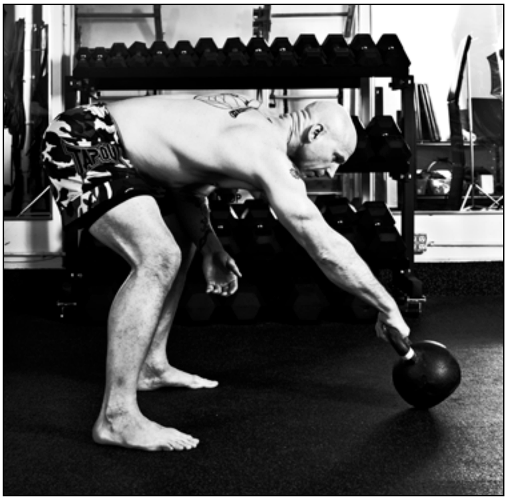


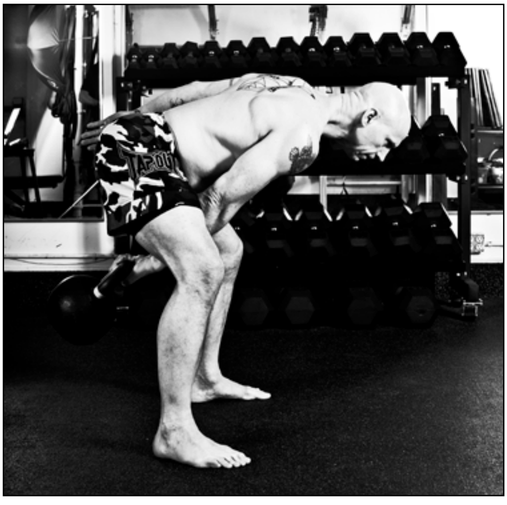
1. THE SWING

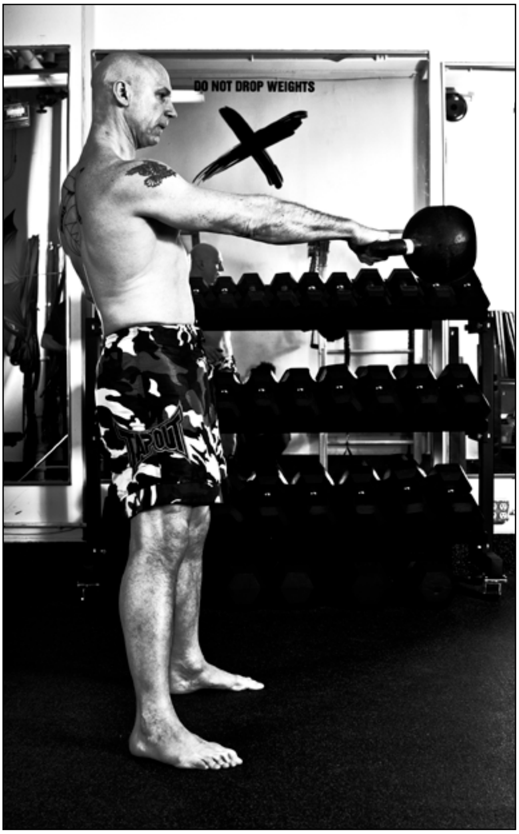
The kettlebell swing is the mother of all kettlebell exercises. A fighter needs a tremendously strong hip-hinge and no tool strengthens the hip-hinge like a proper “pop and lock” swing. The kettlebell swing is an essential exercise for any fighter.

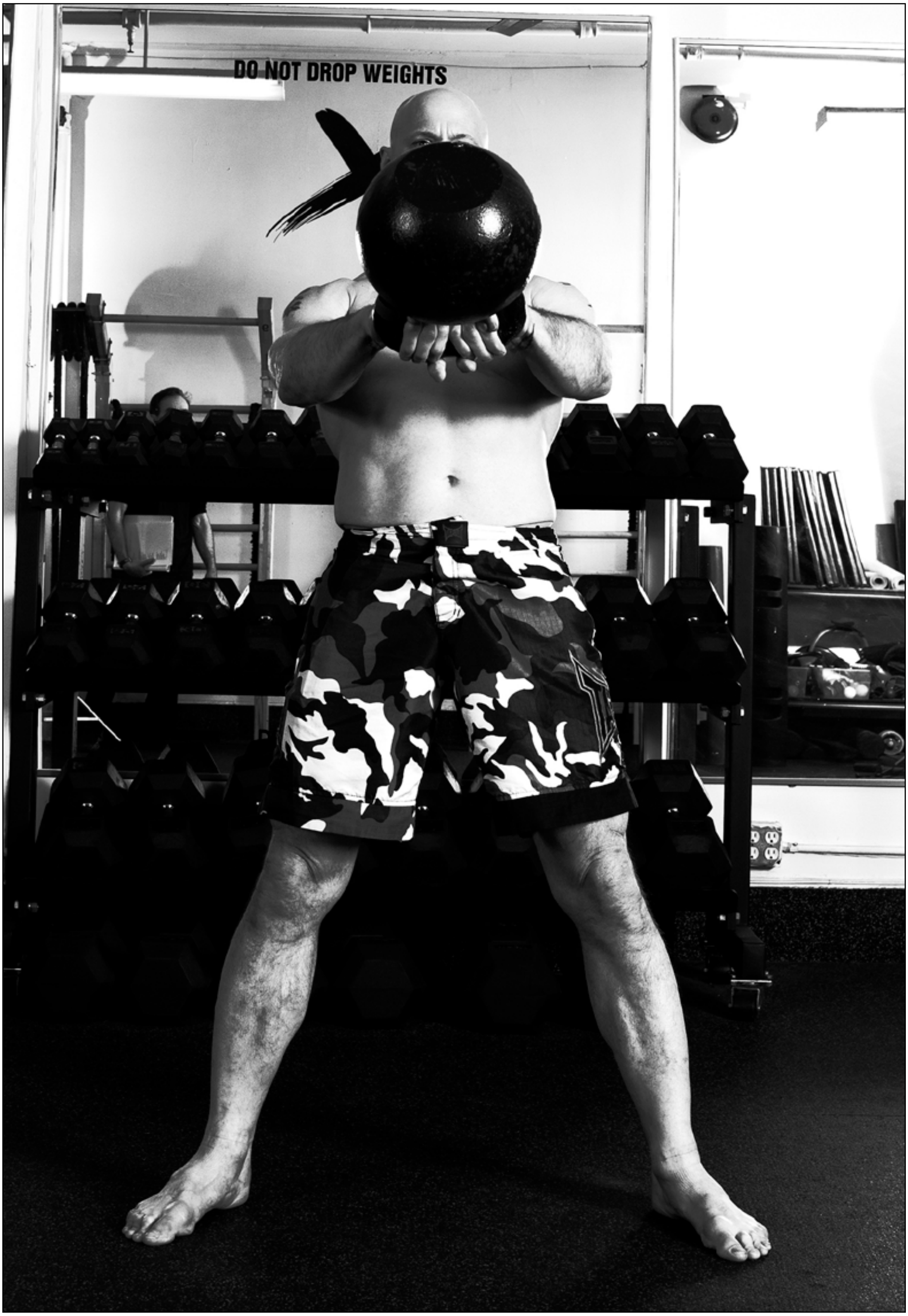
The kettlebell swing is unique and demanding—and the power it builds is completely applicable for grappling or dirty boxing. The swing can be used to build power: swing a big heavy bell for low reps. The swing can be used to build cardio: swing a light weight for high reps. Each swing needs to be crisp and accurate.

When technique starts to disintegrate, end the set. Swing technique is honed and refined over time. Synchronize the exhalation breath with each exertion.

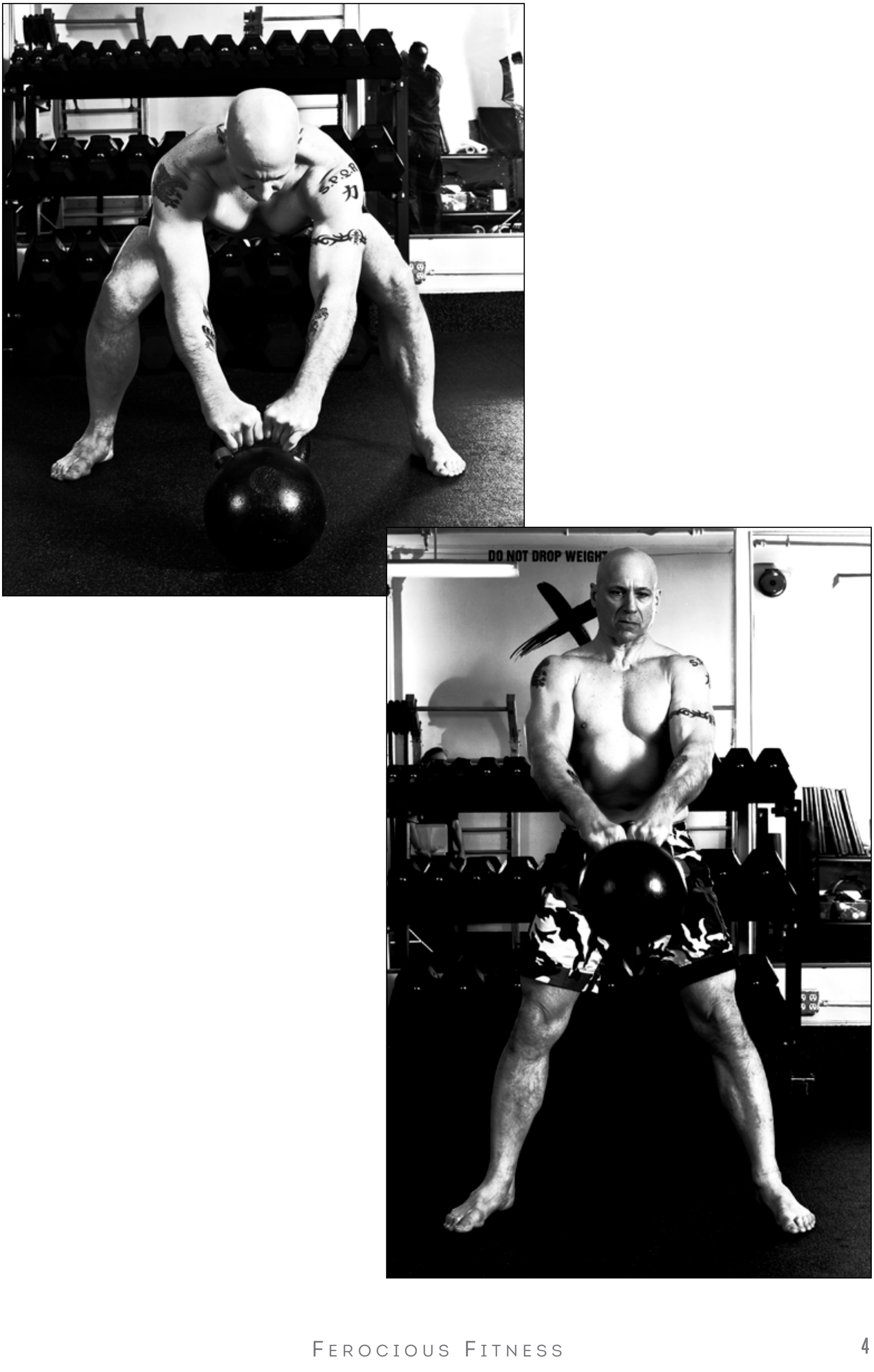








DO NOT DROP WEIGHTS


DO NOT DROP WEIGHT

VENUM
VENUM

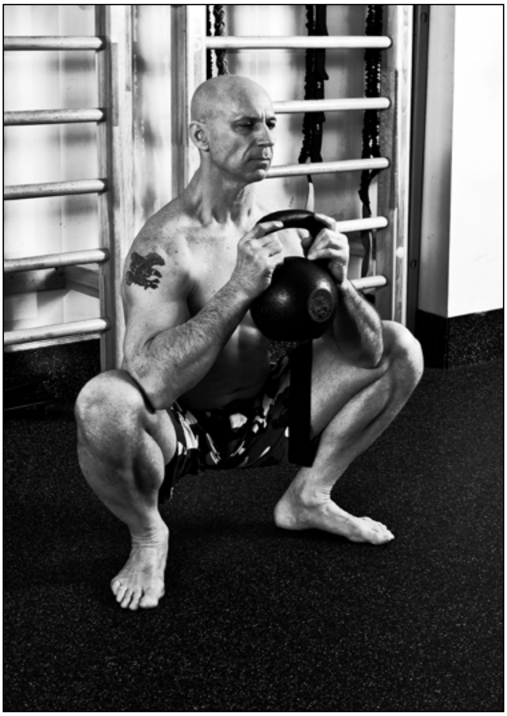
2. THE GOBLET SQUAT

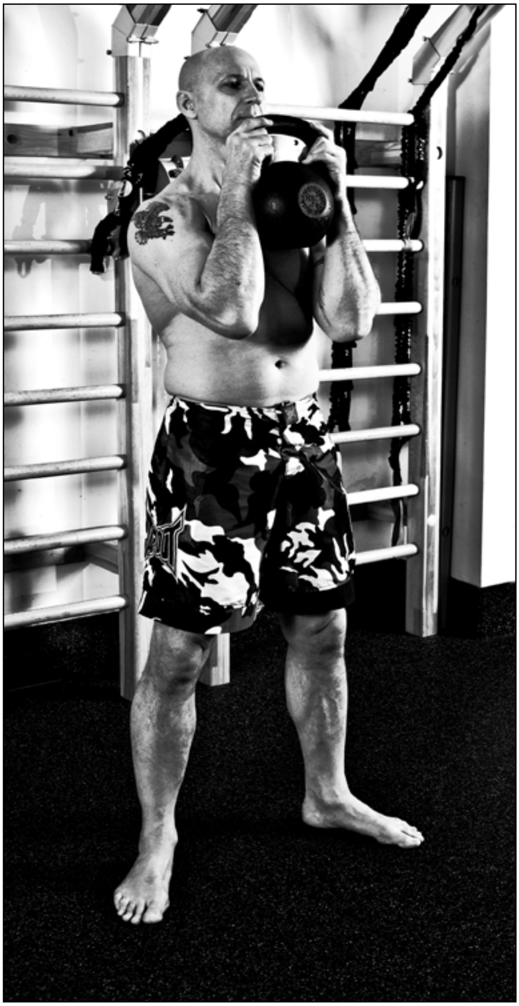
No fight training is complete without leg training. Elite strikers know that powerhouse punching comes from powerhouse legs. Knockout power is initially generated in the legs then travels to the torso and upper back before being sent down the arm ending at the fist.

The kettlebell goblet squat builds leg strength to a degree comparable to the traditional back squat—and is far lighter, far safer and far easier to learn and master.

A proper goblet squat is deep and upright, and when done correctly builds incredible leg power. Higher rep goblet squats can be used to increase cardio: a high rep set of 50 to 100 reps will challenge the most conditioned of fighters.

Mastery of the goblet squat is the key to developing leg power and punching power.





VENUM
VENUM

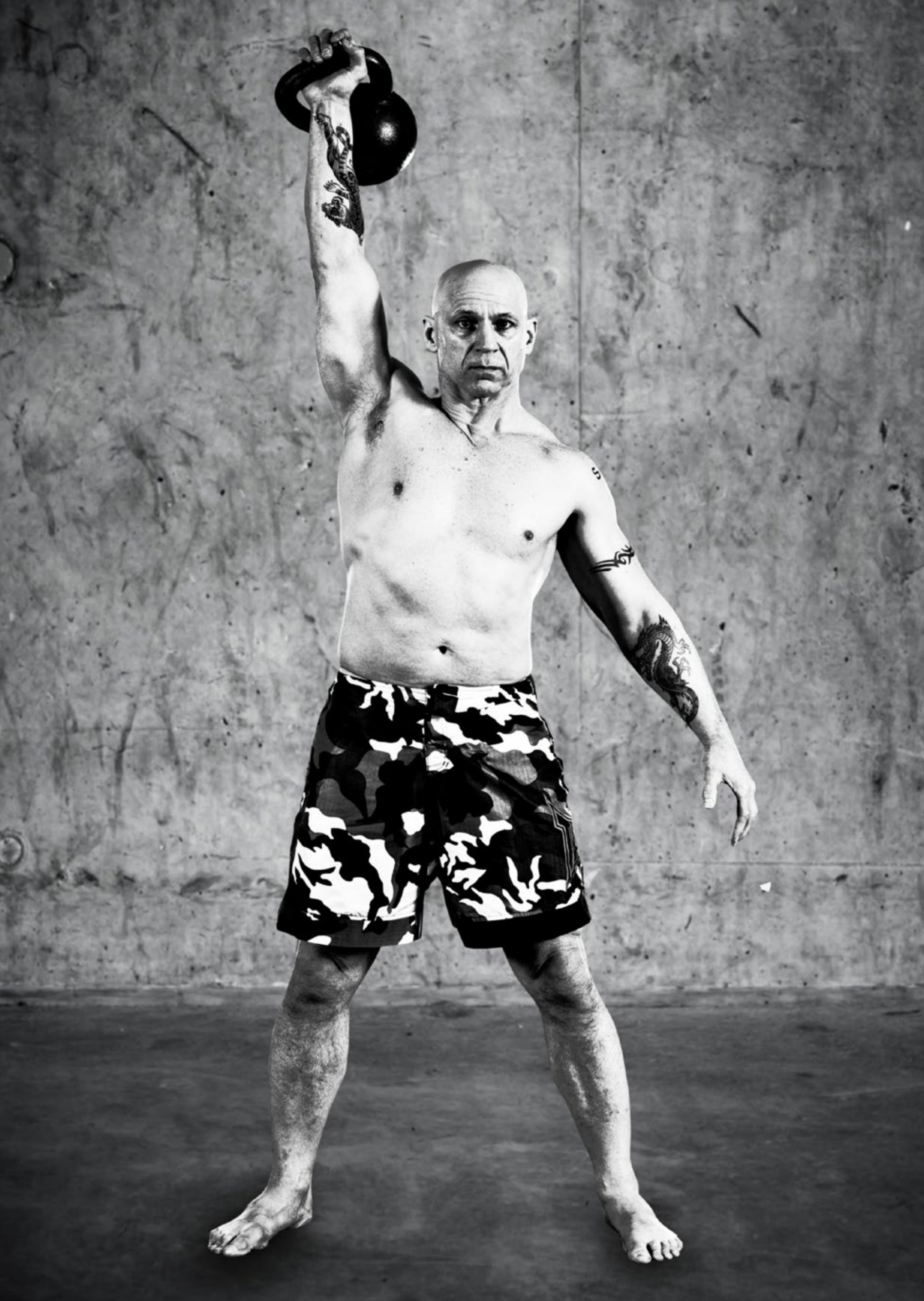
3. THE CLEAN

The kettlebell clean is performed by pulling one or two kettlebells set at your feet to the shoulder(s) in one fluid motion. The kettlebell held at the shoulder is in the "racked" position.

Once we rack a clean, the kettlebell lifter can press the bell overhead, bent press it overhead, or return it to the floor for repetition kettlebell cleans.

The clean, done as an exercise, is the finest upper back strengthener. A powerful upper back is useful for grappling and power punching. High rep cleans, both single and with two kettlebells, can be made into a grueling cardio exercise; a heart-exploding aerobic gas-tank builder of the first magnitude.

Cleans also build a powerful grip, a huge advantage in grappling. Sloppy cleans will get you hurt.



4. THE PRESS

The kettlebell overhead press is an exercise that is without rival when it comes to building shoulder and arm strength. More awkward than a dumbbell, pushing a 55-pound kettlebell overhead is a hell of a lot harder than pushing a 55-pound dumbbell overhead. Why? The kettlebell payload is “off-set”, it’s not all centered and nice. Purposefully inefficient, the awkward kettlebell causes more muscle fiber stimulation than an identically weighted dumbbell.

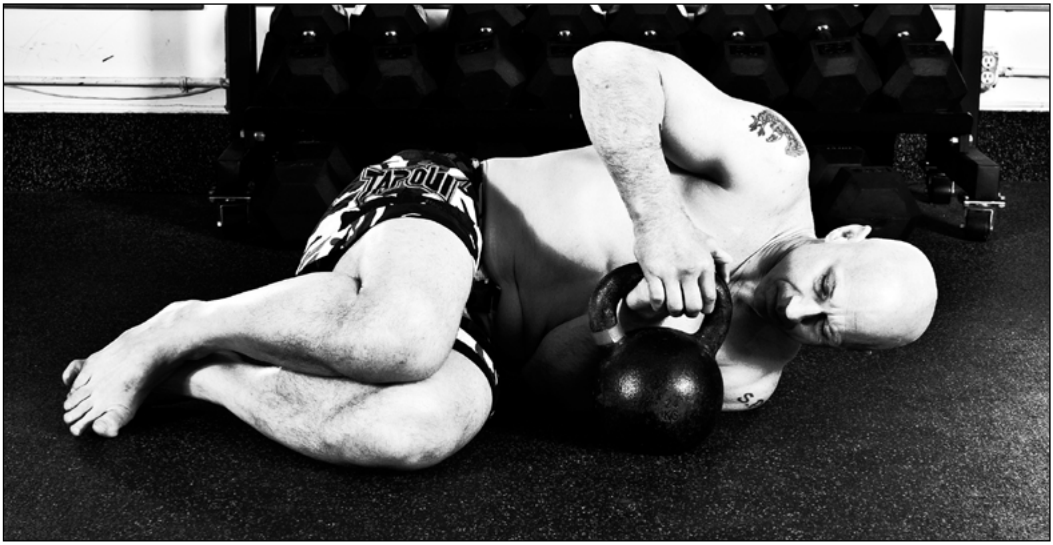
The single or double overhead kettlebell press strengthens the deltoids, triceps, upper chest and upper back. I insist on a very specific type of pressing: from a “cocked and loaded” racked position, the kettlebell is then fired overhead to a full and complete lockout. No half reps or sloppy reps—every single press rep needs to be perfection.

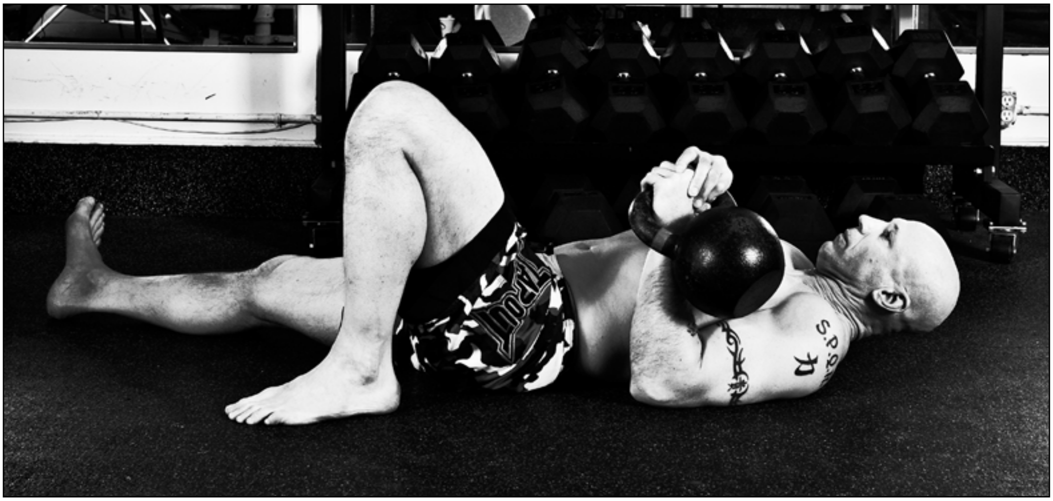
TAPOUT

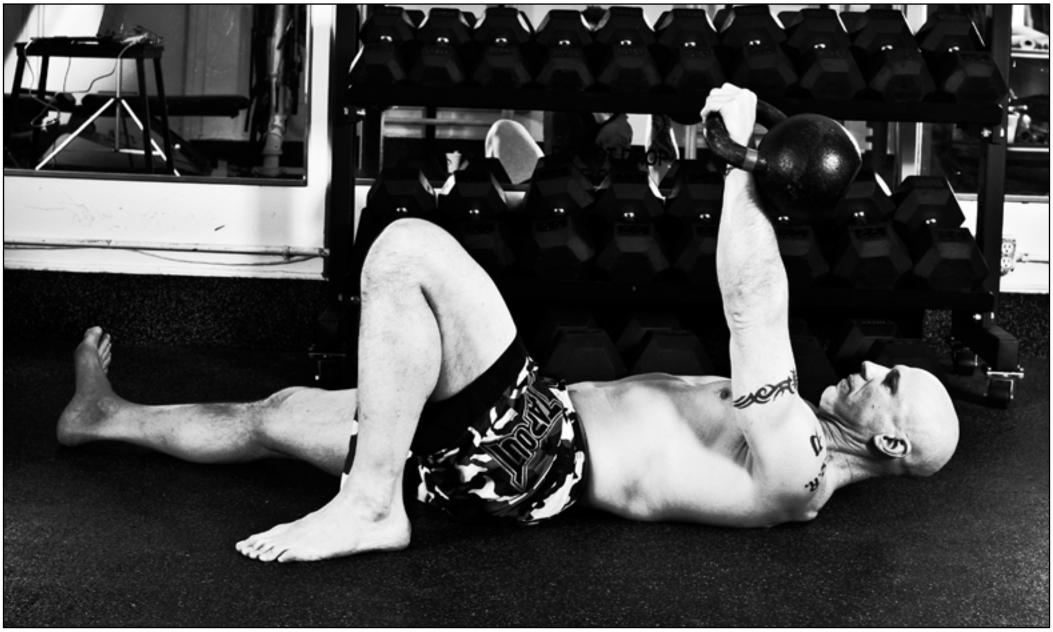
5. THE TURKISH GET-UP

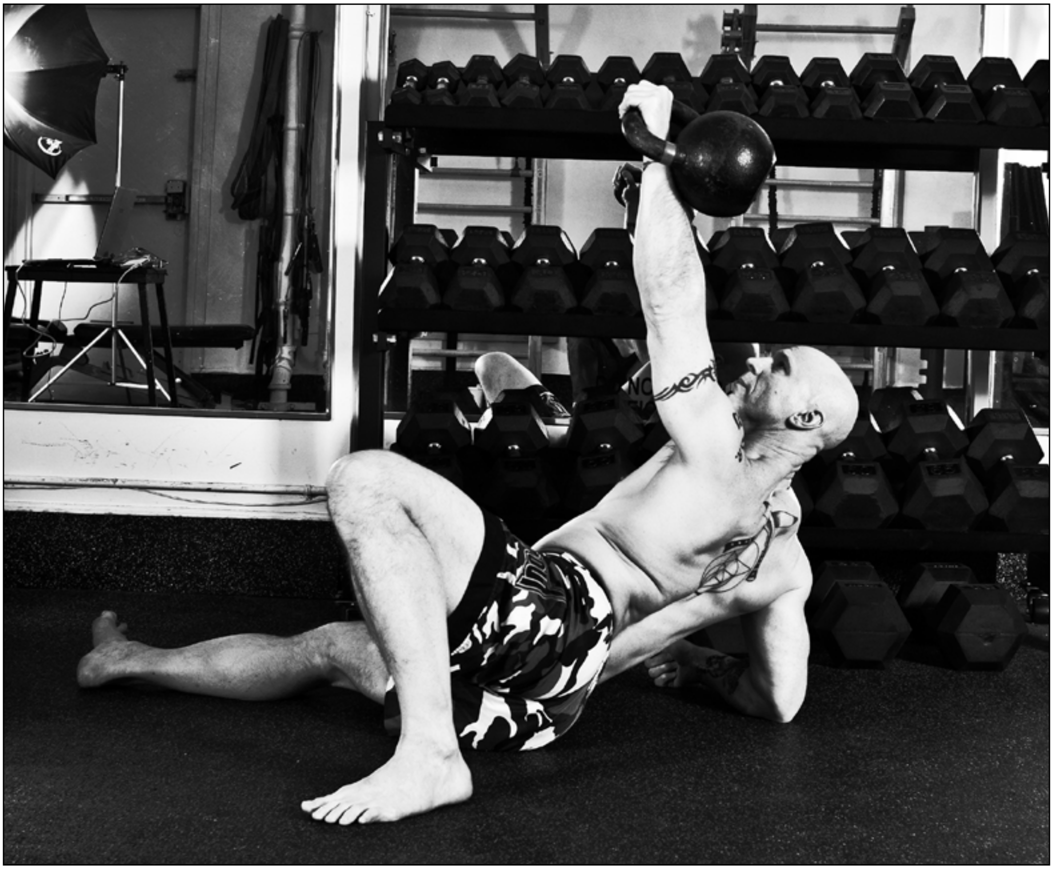
The Turkish get-up with a single kettlebell is unique: in my thirty-plus years as a fighter, fight trainer and student of the game, I have never come across an exercise like the Turkish get-up. The trainee lies on their back on the floor and proceeds to arise while holding a single kettlebell on a locked arm. There are no less than seventeen performance points to be adhered to in a single get-up.

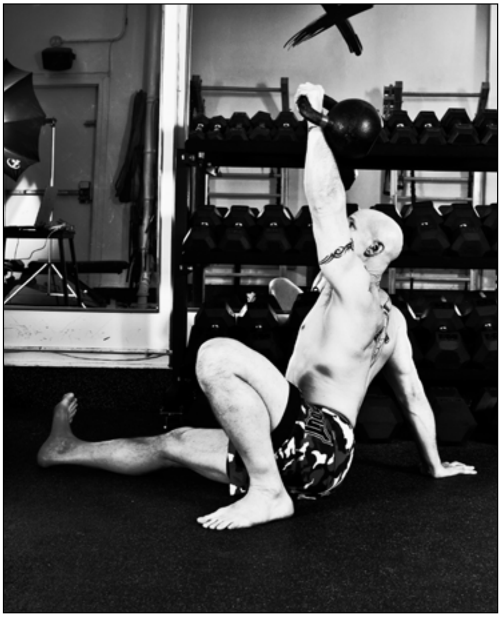
The technique is exacting and demanding, but the payoff is huge. Mobility, stability, the ability to travel through planes, flexibility, "in-between" strength, tension mastery and above all else, balance, are all highlighted, isolated and improved with conscientious practice of proper get-ups. This is a skill lift that improves with time and practice.

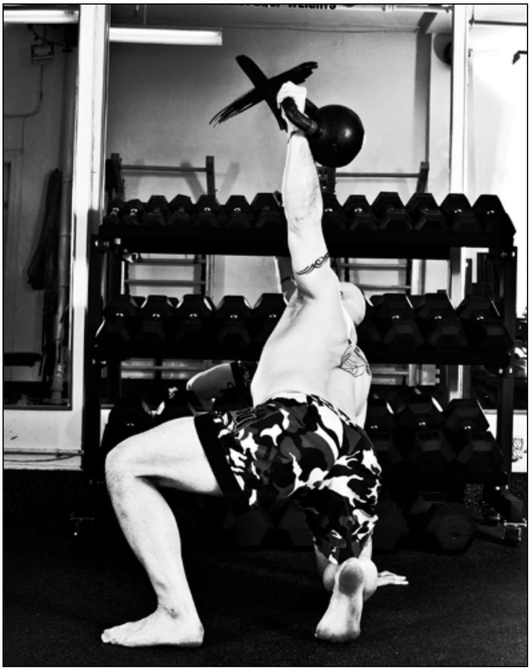


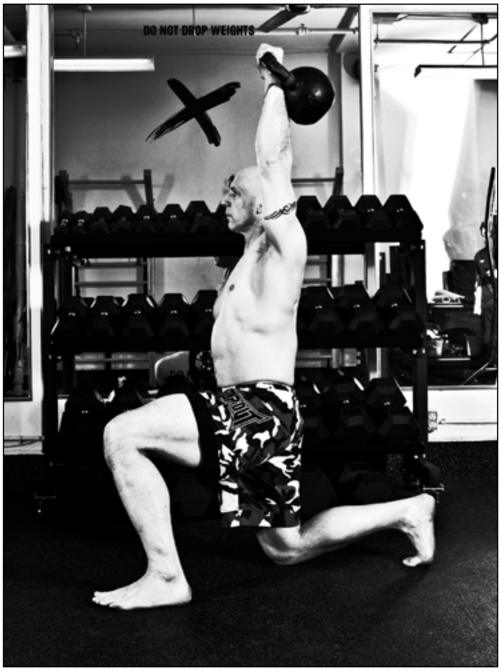




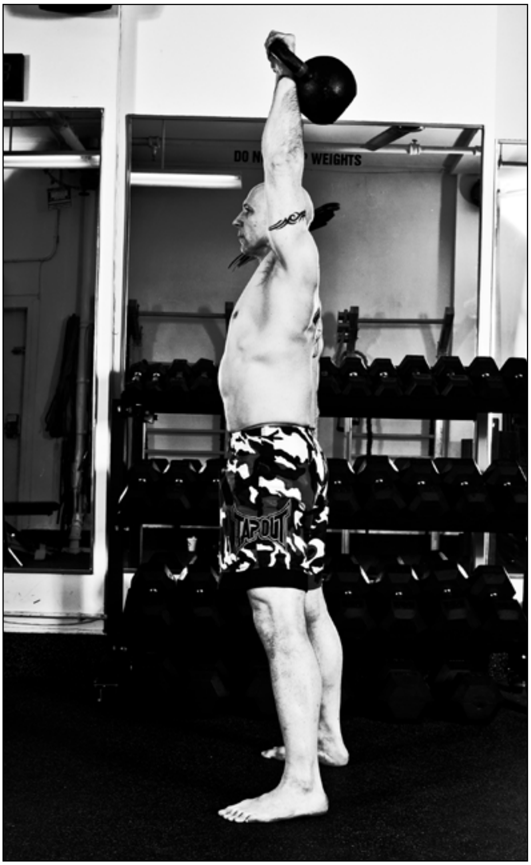


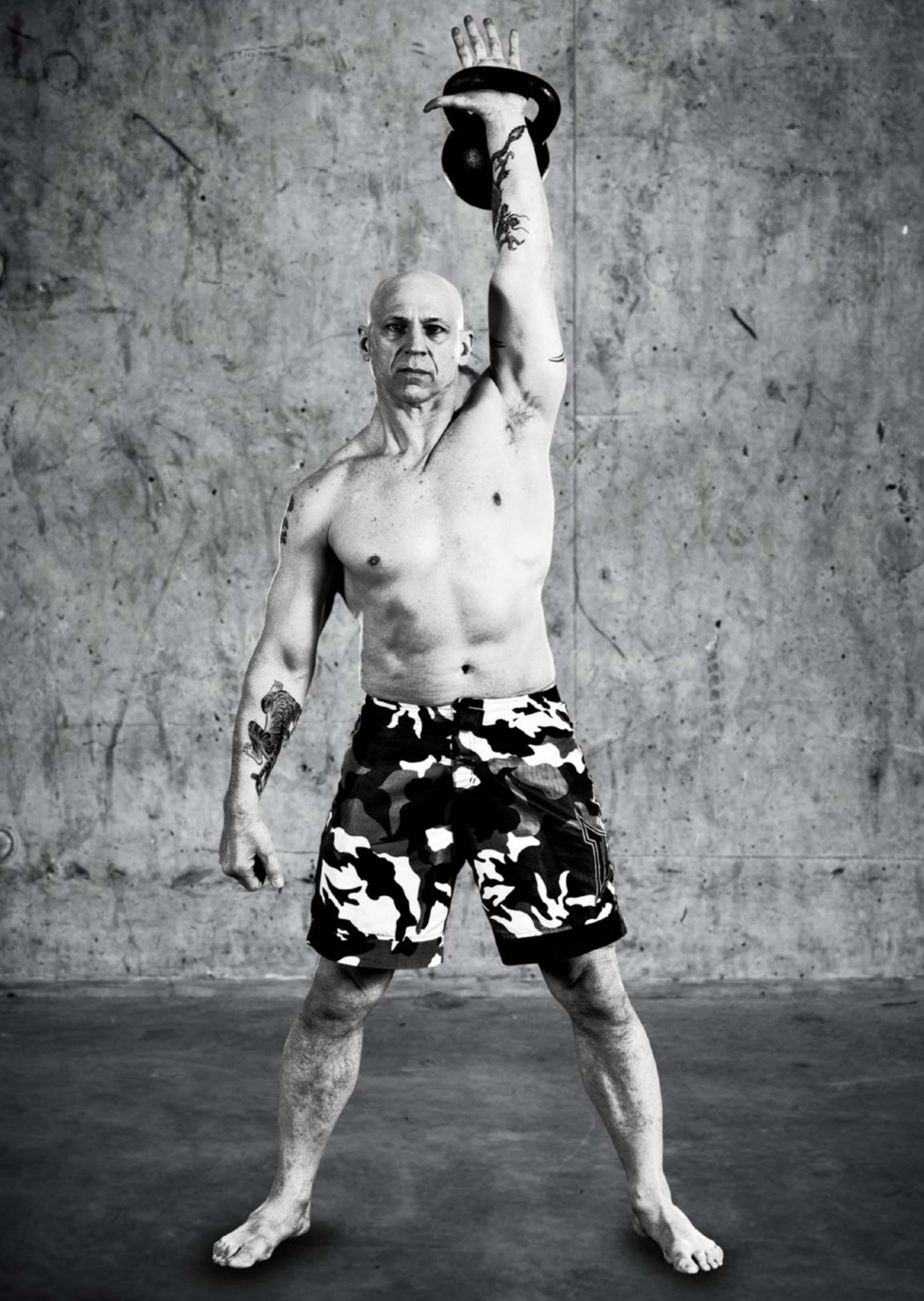






DO NOT DROP WEIGHTS

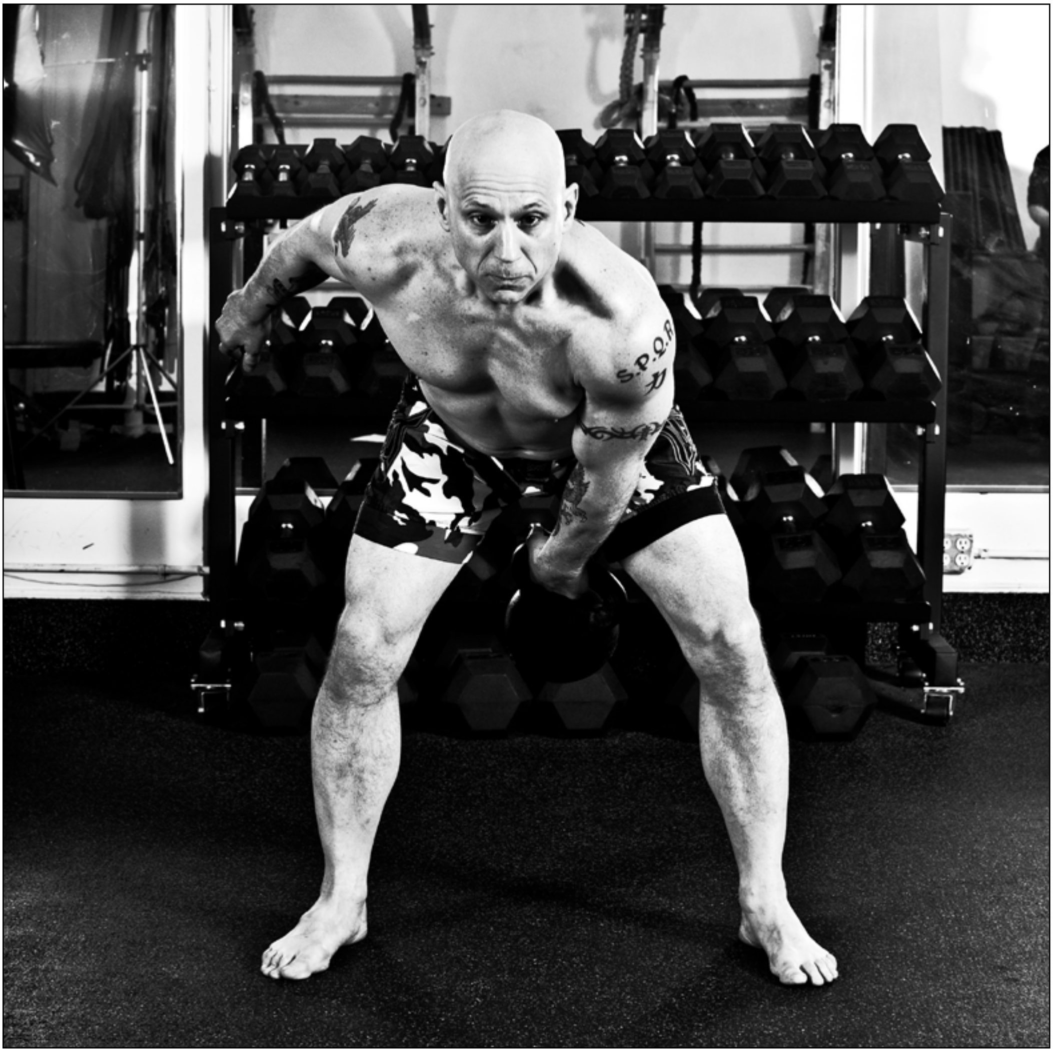


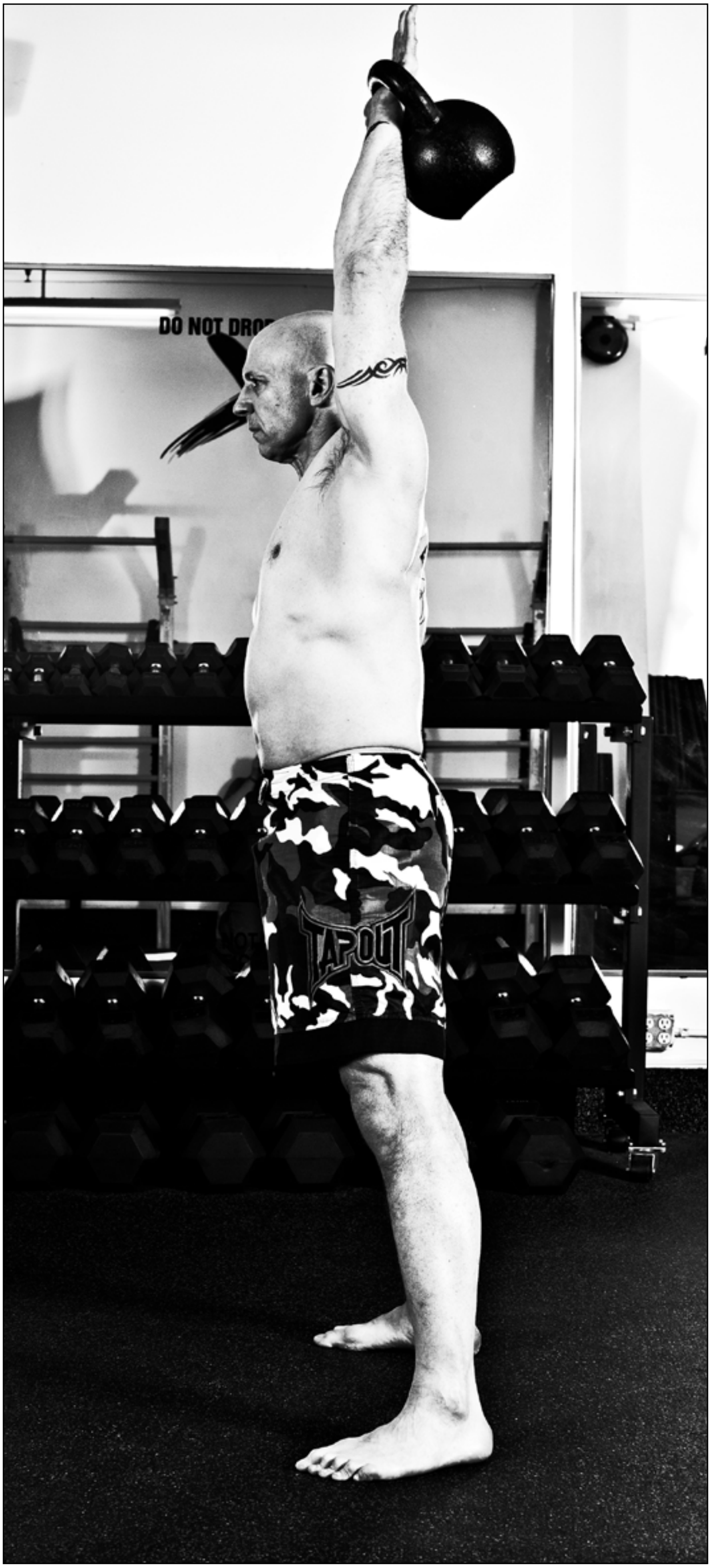


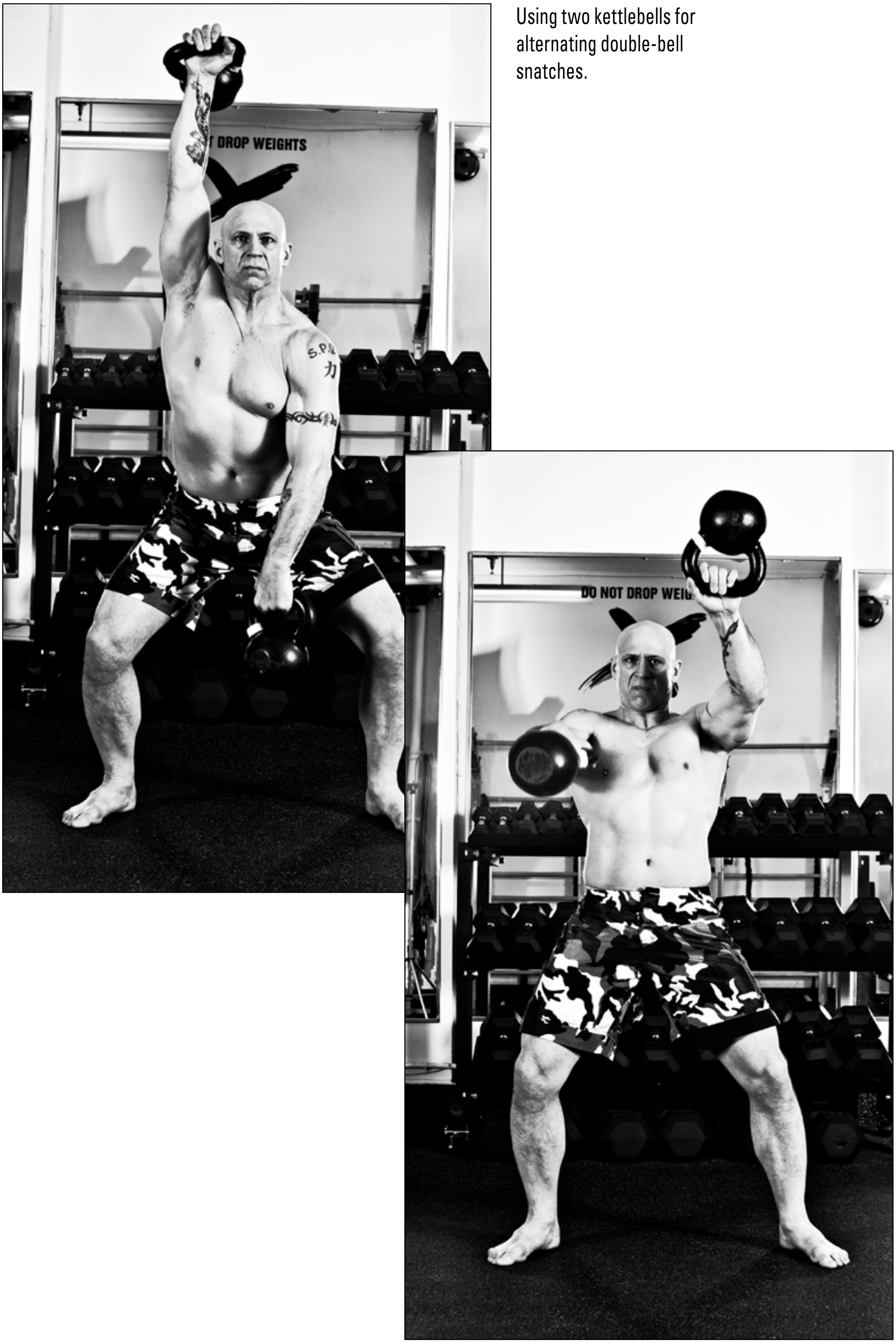
6. THE SNATCH

The kettlebell snatch is performed by simply pulling a kettlebell set at your feet all the way overhead, then catching the kettlebell or kettlebells on fully locked arms. The snatch is a mighty back builder and a developer of explosive power—exactly the type and kind of coiled explosiveness a fighter needs. We need to strike with speed. A slow, telegraphed punch, no matter how powerful, is easily avoided. We seek lightning speed—coupled with power.

The snatch develops explosiveness; the snatch demands explosiveness! The snatch is my personal all-time favorite kettlebell exercise. Snatches build my explosive power and my muscular endurance. I can use snatches for straight cardio conditioning. A proper set of snatches causes full body engagement.




DO NOT DROP
TAPOUT


T DROP WEIGHTS
DO NOT DROP WEIG

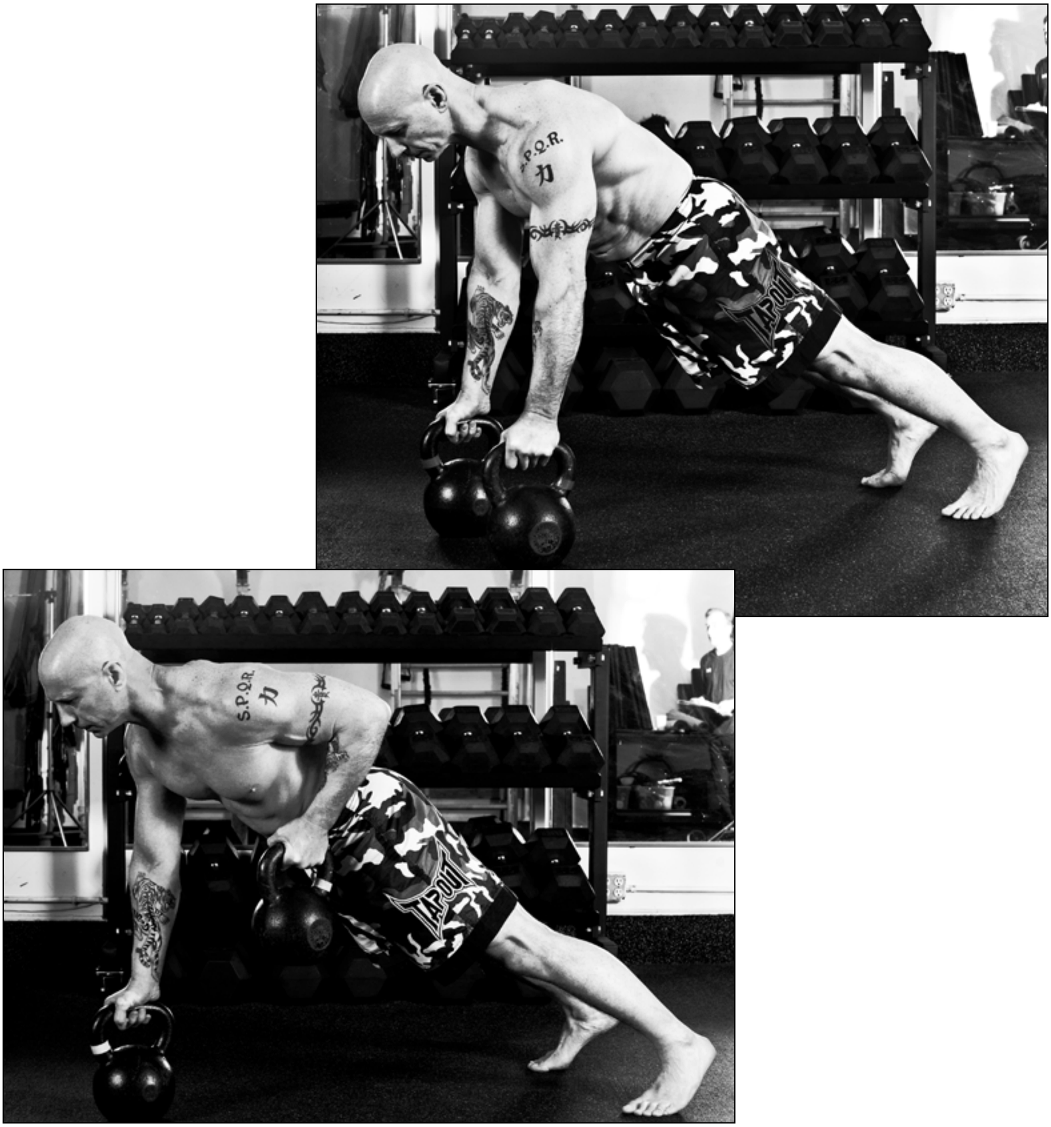
Using two kettlebells for alternating double-bell snatches.

S.P.Q.R.
力
TAPOUT

7. THE KETTLEBELL ROW

I love the kettlebell row. I have always gotten great results from doing them and have had great success teaching effective kettlebell rows to others. A lot of people do not get good results from rowing. Optimally, rowing is a back exercise. The muscles of the upper and lower lats, the teres, rhomboids, and rear delts all have to contract to pull the kettlebell to the body.

Unfortunately, a large majority of trainees "arm pull" their rows. They use their biceps instead of their back to pull the weight to the body, thereby turning an incredible back exercise into a mediocre arm exercise. The idea is to keep the arms out of the rows; I have a very specific way to row and strongly advise you to do them my way!



TOOL VERSATILITY

I have been slinging kettlebells for over a decade, and one of the most marvelous aspects is the sheer versatility of the tool. I am truly limited only by my imagination. Competitive fighters need to peak for scheduled fights: the kettlebell can be used in such a way that the degree of difficulty can increase exponentially as the fight grows nearer. I can tailor my kettlebell workouts to elicit the training effect I seek and desire. If I need to work on my pure power, no problem, I up the sheer poundage of the kettlebells and hoist them for low reps, grinding and imposing my will on them.

Conversely, if I want to work on my pure cardio, no problem, I select a lighter kettlebell and toss it ballistically for hundreds of reps. Other times I might split the difference for a "strength/endurance" workout where I use moderately heavy kettlebells for sets of 25 or less.

Do I need to work on my grip strength because in the clinches I am getting bullied-around? How about heavy rows with a thick-handled kettlebell. Or just pick up two monster kettlebells and see how far you can walk with them before they pry your fingers open—now, that is a real grip exercise!

I have tried every possible kettlebell exercise known to man at one time or another. This was and is my passion—I *love* discovering new and different, exciting kettlebell exercises that deliver on whatever they promise. It is magical to find a new exercise, use the right technique, and sync it up with an optimal set, rep, duration and frequency protocol to get fantastic results.

Most exercises are dead ends, unable to deliver on their promised results and, ergo a waste of time. I can show you which exercises don't work, but more importantly, I can show you which exercises do work. Certain exercises done in very specific ways deliver extraordinary results: fighters that practice my protocols become faster, stronger, improve their endurance, increase their agility, become leaner and more muscular—you name the athletic attribute and I can show you an exercise that will improve that attribute.

THE SIX CRITICAL BODYWEIGHT EXERCISES

I have done bodyweight exercises my entire life. Starting with push-ups and chin-ups as a preteen, bodyweight exercises have been the eternal cornerstone of my fighter training. I find it amusing and gratifying that the "bodyweight" movement took off and got commercial traction when Paul Wade wrote ***Convict Conditioning.*** That book started a revolution: the idea of "progressive calisthenics" was born and nowadays bodyweight training seminars by Al and Danny Kavadlo are packed to the rafters. The public is finally catching on to how effective bodyweight exercises can be.

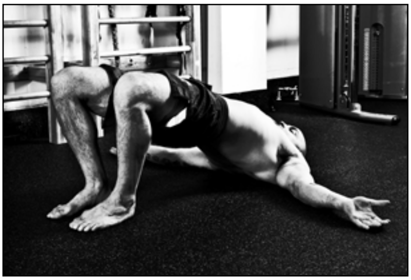
Not all bodyweight exercises are created equal. I have tried every bodyweight exercise you can name and of all the infinite number of movements I have used over the years, I use six on a continual and repeating basis. So should you. As Yip Man pointed out, “Better to *master* a few select movements, than be acquainted with a dozens yet the master of none”.

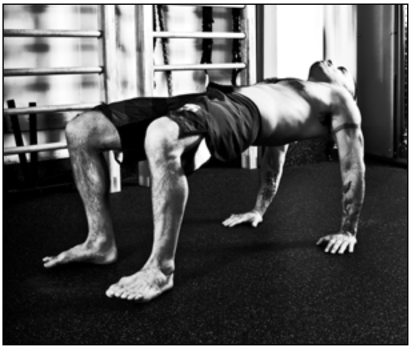
Do yourself a favor; spend all your available bodyweight exercise training time mastering these six fundamental exercises. Each of these six core movements will have variations, creating a wide variety of choices.

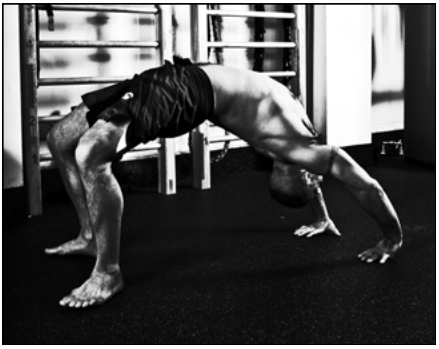
1. THE BRIDGE

I love to bridge. I have done bridges since I was a kid and I am very comfortable doing them. To me, since I started so young, bridging is natural and seems second nature. For most people, arching the spine backwards and to a significant degree, is unnatural. It takes time, patience and practice, it takes reps and tenacity to become adept at bridging. Fortunately, we have incremental steps towards being able to bridge in dramatic fashion.

Why bridge? A lot of reasons: proper bridging builds powerhouse neck muscles; there is no better neck building exercise. Spinal erectors get worked as they power the bridge upward to completion. Flexibility, mobility and power are all improved by bridging. Weighted bridging while having an opponent lie across the chest or while gripping a heavy bag, is the greatest neck strengthener ever devised. The famed Russian wrestler George Hackenschmidt once did a complete bridge with 440 pounds on his chest. Bridge mastery is critical.





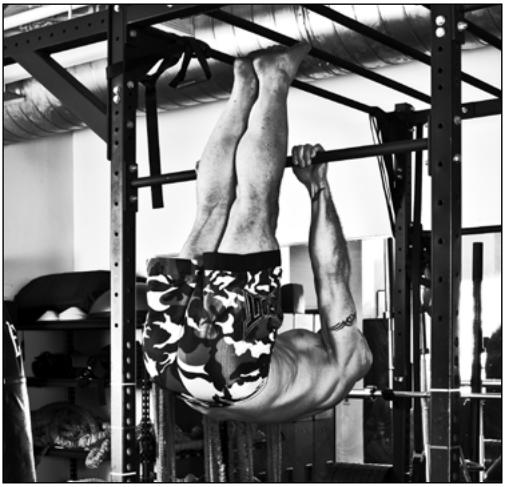


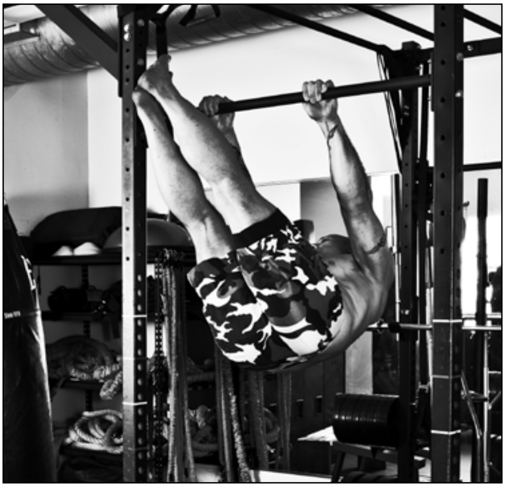
2. HANGING ABDOMINAL RAISES

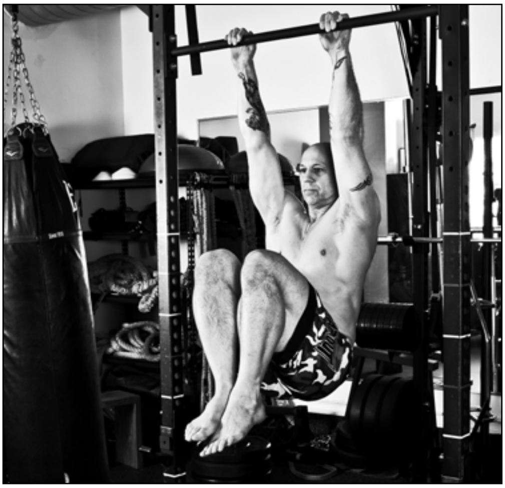
To me, the most natural thing in the world is to grab onto a pull-up bar and perform some type of abdominal exercise. Exercises such as the frog kick, where you raise your knees to your chin, bent leg style; straight-leg leg raises, straight-leg leg raises with the feet raised over the head; side-twist leg raise where the feet are raised to each side on each rep, thereby activating the external oblique side muscles.

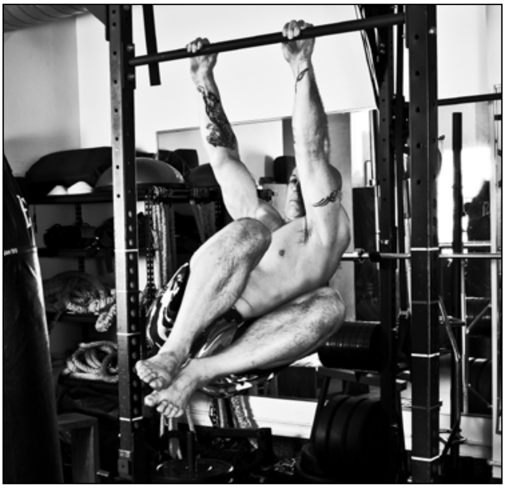
I might mix these different variations within the same set: 10 reps of frog kicks followed immediately by 10 reps of hanging leg raises (feet lifted above the head), ending with 10 side-twist leg raises to each side. This is a 40-rep uninterrupted set of high intensity ab work, with four distinct exercises, 10-reps each.

Master the various types of hanging abdominal exercises and strengthen the entire abdominal region. Intense ab work also increases flexibility and enhances thoracic mobility.





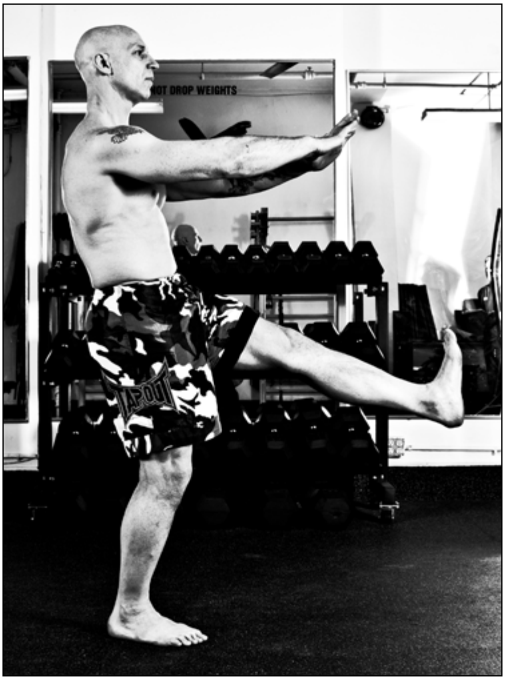


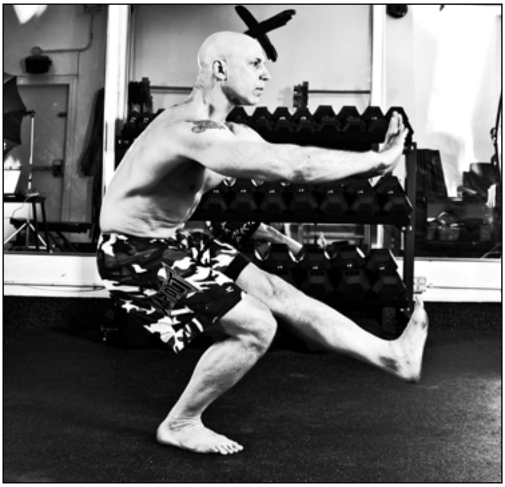


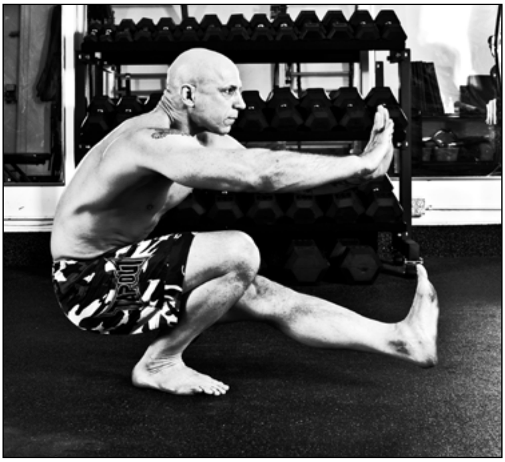
3. SINGLE-LEG (PISTOL) SQUATS

In my experience, single-leg squats, when done correctly, are the most beneficial of all leg exercises. The single-leg squat, known as a "pistol" squat, has to be done with a very specific technique. If you cheat on the depth, how deep you go on each squat rep, you reduce the benefits associated with doing the movement. It takes time and practice just to master lowering all the way down without toppling over. I will suggest that people just learning how to do a pistol hang onto a pole or door jamb for balance.

First learn the goblet squat. Once you've built up your leg power, try the twice-as-difficult pistol squat. When rising out of the lowest position of the pistol, I insist the fighter maintain proper pistol technique. Contorting, jerking or rebounding while doing pistols will get you hurt. We learn to power through the pistol sticking points, all while maintaining perfect technique. From butt to heel, pistol mastery builds balance, trunk stability, incredible leg strength and leg endurance.







4. HANDSTANDS

I love various types of handstands and include them in my key bodyweight exercises. Most of us need to do our handstands against a wall. Position your hands next to a wall, then flip your feet overhead until the heels lightly touch the wall. You are now upside down on locked arms. Just holding this position is extremely beneficial: shoulders and triceps muscles are maximally stressed. The athletic elite are able to do a handstand without the wall. This takes muscle stress levels to a whole other level.

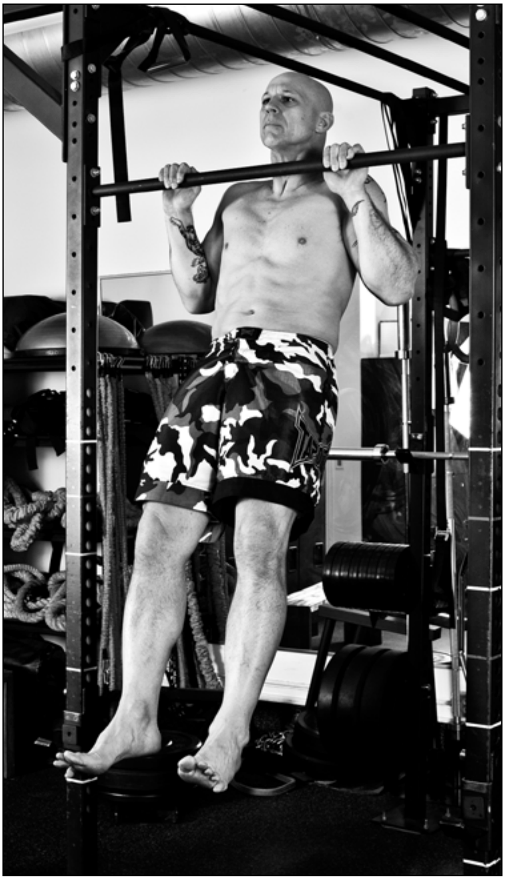
Once the athlete becomes comfortable with wall handstands, or for a few, no-wall handstands, you may attempt the super-difficult handstand press. The handstand press against the wall is essentially a partial press with bodyweight for reps. If a man weighs 170 pounds, in the handstand press he is pressing his full bodyweight from forehead to lockout. The super-elite are able to do handstand presses without needing the wall for balance. Handstand presses provide the ultimate in shoulder and punching power.

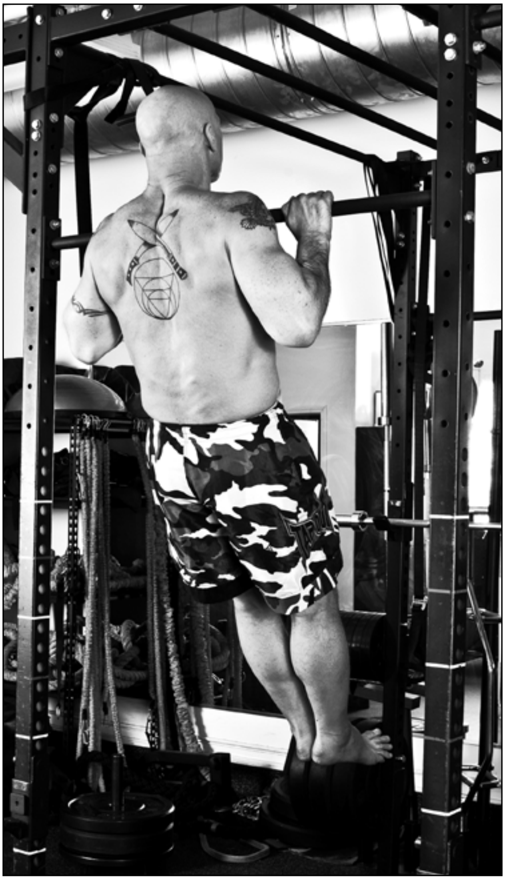
5. THE PULL-UP/CHIN-UP

Another couple of my favorite movements. The number of potential variations makes it impossible to grow bored with pull-ups or chin-ups: wide and narrow grip widths, palms forward, palms facing you, straight bar pull-ups, uneven pull-ups, towel pull-ups, pinch-grip pull-ups, weighted pull-ups and chins...the variations are limitless. Chin-up and pull-up mastery strengthens the shoulders and upper back muscles. The chin-up grip works the hell out of the biceps and upper lats.

I am a stickler for chin-up and pull-up technique: I want my fighters to use a full and complete range-of-motion—all the way down and all the way up on each and every rep. Half-reps and incomplete reps yield half results and incomplete results.

It's not coincidental that every person who has mastered pull-ups has a defined six pack. The movement tightens ab muscles while a low body fat percentage makes it easier for a person to chin or perform a pull-up. I think 20 pristine pull-ups represent a true benchmark in upper body strength.



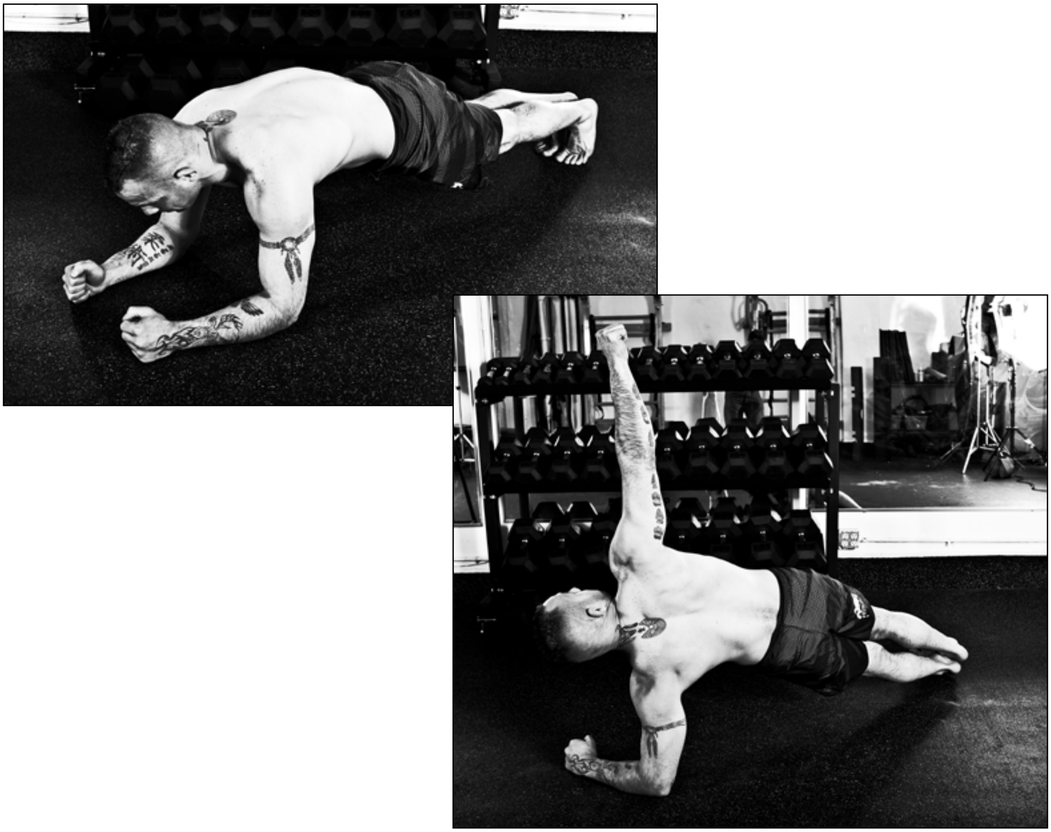


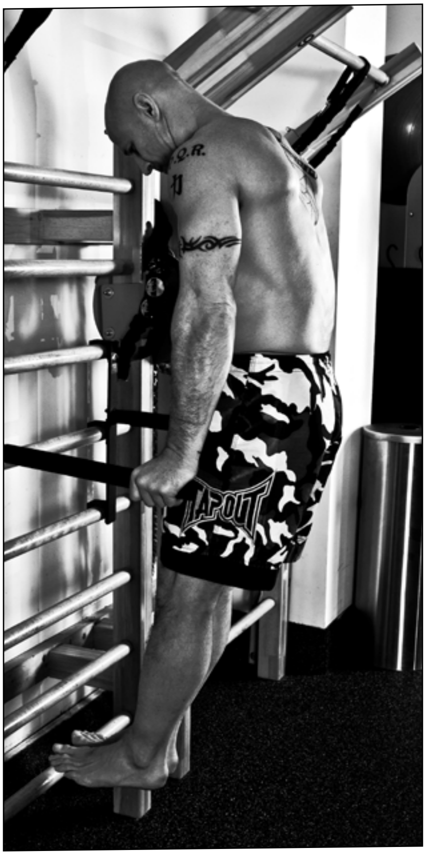
6. THE PUSH-UP

Push-up variations are as numerous as stars in the sky: regular hand spacing, super-narrow hand spacing stressing the triceps, wide hand spacing making the pectorals do all the work, do them slowly at grind speed, do them explosively.

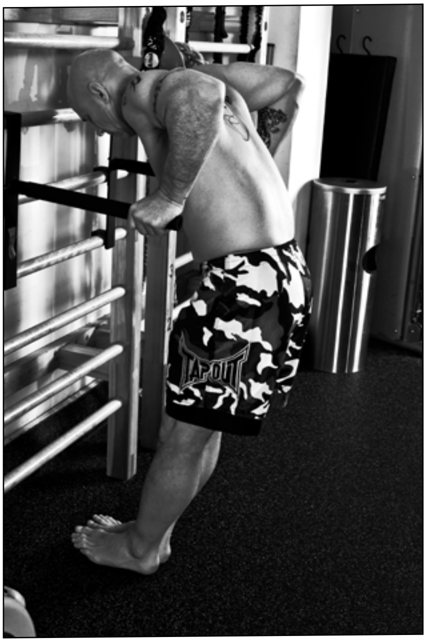
Push-ups not only work all the front torso muscles, they also strengthen and condition your abdominals. A push-up is done from a "plank" position and doing lots of push-ups reinforces total body tensioning. Push-ups can be done anywhere that there is a floor. Another benefit of push-ups is the important "de-loading effect" they have on your forearms. Kettlebell training and fighting requires a great deal of gripping and clenched fists. Be sure to do yourself a favor and avoid inflammation and tendonitis by making de-loading exercises a regular part of your training regimen.

I consider all forms of "planking" to be push-up variations. Proper planking is the prerequisite for performing perfect push-ups. Avoid doing push-ups on your knees. I have never found them to translate into the ability to perform regular push-ups. You are much better off working on creating tension with your planks. Forget knee push-ups and hold planks at different levels. Plank holding will enable you to execute push-ups properly.





I also include parallel bar dips in the extended push-up family. When you dip, keep your chin down and your feet forward.



FIGHTER NUTRITION

COSMO’S CREDO

When I graduated from the University of Maryland in 1984, I was 22 years old and weighed 188-pounds at a 10% body fat percentage. Fast forward to 2015 and at 53 years of age, I weigh 188 at a 10% body fat percentage. A lot of fitness types dismiss a guy like me, attributing my late-in-life high degree of conditioning and leanness to "genetics".

In my experience, anytime an armchair fitness expert wants to dismiss someone else's ideas, conclusions or strategies the cute little verbal technique is to be snide and dismissive while saying, "His late-in-life leanness is completely attributable to superior genetics; ignore his consultation and advice because you don't have his genes and could never hope to duplicate his results. He's an anomaly." Naturally this "expert" also has a system that *will* work for you—for three easy payments of $99.99, MasterCard and Visa accepted.

If you are unable to get real results as a trainer and if that incompetent trainer is competing against a real trainer who gets real results, the way to torpedo that effectiveness and steal the client is to woo and lure them by attributing those real results to genes. Most folks want to believe the "expert" as opposed to a guy like me, because I tell people the hard truth about leaning out and getting into shape. Real results are dependent on hard ass work—and that work needs to be multiplied with consistency and discipline. That's a damn tough sell.

But the hard truth always is a damn tough sell. People would prefer to believe that the system, tool or strategy promoted by "the expert" can and will deliver all the desired results acquired by hard-ass work but without the hard-ass work. My favorite fake fitness expert strategy is to tell the client—who is wondering why they have spent six months and six thousand dollars and are wearing the same pants size, dress size and a have lost less than 10 pounds—that they "are the same body weight but are exchanging muscle for body fat".

In other words, when you started with "the expert", you stood 5'5", weighed 200 pounds, and wore size 40 pants—now, half a year later, you weigh 196 and still wear size 40 pants. However, because I have lost 15 pounds of fat while adding 15 pounds of muscle, the bathroom scale says you weigh the same. Who are you going to believe? The male-model-looking expert with dyed hair, perfect teeth and a dazzling smile or your own lying eyes? The fraudulent expert has no problem selling you a system, tool or protocol that he flat-out knows doesn't work. That is how he makes his beach condo and Porsche payments.

I hear a lot of semi-smack talk about genetics directed in my direction and wanted to take a New Jersey minute to set this shit straight: The inconvenient truth is my father stood 5'8, weighed 285 pounds and died of a heart attack (his third) at age 66.

I am a hardcore Italian-American and our culture revolves around food. Delicious food. Fattening food. I was brought up in a house where every meal had red sauce "gravy", loaves of bread slathered in real butter, cheese galore, super sugary deserts, wine by the gallon. So, stop with all the genetic bull.

Let's get real: nutrition is a critical component for a fighter. A lean physique is optimal for maximizing cardio capacity. A lean body is faster and more mobile than that same body hauling around 30 extra pounds of body fat. A lean, muscled-up man carrying a 10% body fat percentage makes a formidable opponent—even if he doesn't know jack about fighting, he's going to have great cardio and be strong as hell.

Being lean maximizes explosive power and promotes quickness; the lean athlete carrying a 10% body fat percentage can strike much faster and strike way more often. The lean fighter can hit much harder and last much longer than the same fighter packing a 20% body fat percentage.

In the real world, this would be the difference between a 170-pound fighter with 10% body fat (163 pounds of lean body mass) and that same fighter, the guy with 163 pounds of lean mass, now having to drag around 34 pounds of body fat while weighing 187 pounds and saddled with a 20% body fat percentage.

Pick up a 35-pound barbell plate and imagine the dramatic difference in performance shedding that much body fat would have. I have used a very specific approach towards food and nutrition for decades. My students have also used this commonsense approach towards body composition manipulation and all have gotten terrific results. My leanness strategy is based on a subtle balance between *fuel* (food/drink) and *activity*. I combined a savage, unrelenting work ethic with a *portion control strategy*.

There are no lightweights in my family. Both my younger brother and sister have to work at keeping their weight down; they have to work at maintaining their good physical condition. I trained both of them for quite a few years. My grandfather, Cosmo, was also heavy, but he was all about "being in condition." He was a staunch proponent of old-school conditioning and would tell me stories, parables, about how he had to push his fighters to get into shape and stay in shape. He was a huge proponent of roadwork. Cosmo stressed cardio—above all else, he wouldn't tolerate a fighter "gassing out", to use the modern definition.

Cosmo was remarkable in a lot of ways. He taught me solid boxing basics, and showed me what fighters needed to do (other than box) to improve: road work, jump rope, double-end bag and heavy bag. He showed me how every one of these tools can be used to improve fighter stamina and endurance. In addition to exposing me to his old-school fight trainer approach, he also had a really effective way for keeping his fighters lean. In his gruff way, he would emphasize his approach to eating: portion control. Literally, regulating the volume of food and drink you consume.

His advice was common sense all the time in every way; he was an old-school genius dispensing bunkhouse logic. When he worked fighters, he would instruct them at each meal to limit their food intake to one plateful of food. How much trouble can you get into if at each meal you never eat more than one plateful? Oh, and no drinks that contained calories: no sodas, fruit juice, beer, hard liquor or milk for fighters. None. Eat smart. Eat less. This advice was from a guy who had a tough life of hard labor, yet lived a vital life until the ripe old age of 94. I'm convinced he would have made 100 if he had not fallen down a flight of stairs. I have used Cosmo's portion control strategy for decades.

- Use portion control to establish a nutritional toehold: become consistent and disciplined about eating no more than one plateful of food—ever.

- Once we have food *volume* under control, then we can start playing with the *content* of the food selections. First conquer volume, then attack content.

Initially, when you are getting serious about training and nutrition, just eat what you eat, good or bad, but limit the volume to one plateful. Once we get the volume consistency down, it makes perfect sense to start "switching out" bad foods for good ones...

- ***PROTEIN:*** Fighters love protein; there is nothing better for healing and regenerating a body that was beat up in training than by dousing it with protein. Favor the leaner protein sources; though don't get stupid about it. If I'm at a steakhouse, I eat steak and I am not counting fat grams that night! On the other hand, generally speaking, leaner is cleaner and lean protein gets digested and processed faster.

- ***FIBROUS CARBS:*** Green stuff is great, the perfect complement for an athlete who purposefully eats a lot of protein. Greens beans, bell peppers, broccoli, asparagus, salad greens...the more of these vegetables you can consume, the better. Just don't fall into the trap of loading them up with butter, oil, rich salad dressing or cheese.

- ***STARCHY CARBS:*** Fighters really need to be careful about starchy carbs; when you do eat them, make them natural starchy carbs, i.e. rice or potatoes. I have found that starch needs to be monitored carefully. Some starchy carbs are great for energy, but if your bodyweight starts heading the wrong direction, look to reduce starchy carbs right away.

- ***SATURATED FAT:*** I think some dietary fat is good for recovery, joint lubrication and healing. Too much fat overwhelms the body and excess fat (at 9 calories per gram!) gets shuttled into body fat fast. So let's keep the saturated fat down, not crazy down, just try and eat lean protein. If some saturated fat sneaks in, it's no problem whatsoever.

- ***REFINED CARBS, ARTIFICIAL FOOD, SUGAR, ALCOHOL: BANNED!*** There's no room for them. This is the disciplined part—you *cannot* get lean eating pizza, drinking beer and having ice cream for dessert. Sugar is a real problem; refined carbs are a real problem; booze is a real problem. To be the best fighter you can be, you must let them go. Man up. Get over it.

A DAY IN THE LIFE...

It is a continual challenge for me to adhere to proper nutrition during my busy day. I usually get up around 5:30 or 6:00, depending on what kind of day I have ahead. My daily caloric intake is between 2000 to 2500 calories, hardly starvation eating for a guy weighing 188 pounds. I actually used to eat a lot more, but as I've gotten older I have cut back on the overall volume. Still, I hardly starve to stay lean and have a pretty good latitude and looseness about what I eat. Here is what I typically eat and when...

Breakfast	**6:30AM**	**Eggs with yolks or yogurt and fruit**
Snack	**11:00AM**	**Nuts, fruit or a protein bar**
Lunch	**2:00 pm**	**Turkey, tuna or fish with raw and/or cooked vegetables**
Snack	**6:00 pm**	**Nuts, fruit or a protein bar**
Dinner	**9:30 pm**	**Chicken or sushi, green vegetables and/or salad**

They say the devil is in the details: first off, I believe in breakfast and have come to rely on this first meal of the day as my fuel for long, active days filled with motion, exertion and activity. I like eggs and I eat a lot of them. I am a guy that cooks; I feel comfortable in the kitchen and I am pretty good at preparing my favorite foods.

On most occasions, I make lunch for myself at home. I will pair a protein with whatever is handy at home—a salad, leftover vegetables, fruit or a small portion of potato or rice. I might have a protein muffin. If I don't make lunch that day, I grab a wrap or a salad with meat at one of the fine little local eateries. The food that the places in my neighborhood crank out is exceptionally good—and surprisingly healthy.

In the morning, I will take a vitamin supplement along with some liquid minerals. I drink an aloe drink with glucosamine and chondroitin; I also take probiotics and DHEA. I used to make and take a protein shake every morning, but I've gotten away from that over the past ten years or so. However, I like to eat a protein bar (mainly due to their convenience) if I start to bonk during the day. I save the protein bar trick for when and if my energy levels start to nosedive.

Every time I go to put something in my mouth, I try to be mindful: is this food or drink going to add muscle, aid my energy, or help me repair my blasted body? Or, on the other hand, is this bite/mouthful of food/drink going to end up as body fat? Now I am not saying that I attain and retain perfect mindfulness for every minute of every day, however I have programmed my brain to ask that question at least once a day. I have found that this simple act of self-reflection is a powerful antidote to mindless eating.

I am not so much a sweets guy and I don't crave or eat very many desserts. My particular guilty pleasure is those baked chips and crunchy, salty stuff...I have never been a fan of greasy foods. I try to stay away from processed carbs, especially at night.

My dinner will usually consist of chicken or fish with some type of green vegetable and a salad. I eat a great deal of salad and a great deal of chicken. I will have sushi carryout (I *love* really good sushi!) a couple times a week, and I'll have red meat once.

The shocker is that each week I'll also have some pasta or pizza. I am a believer in the "reward meal" strategy: stay dead-on and rigid in my eating 6.5 days a week, and for one meal per week I can eat or drink *anything*. I don't drink a great deal of alcohol and generally I'll only have two or three drinks tops, one night per week. If I drink more one weekend, then I'll skip the next one. There are periods that I go a month or so with no alcohol at all. It's mostly for my mental discipline. Now, it is only natural that for that one meal that might include pizza, pasta or bread to throw in a couple of drinks...then get back in the saddle the next morning.

One of the major contributors to my ability to maintain a low body fat percentage is the amount of sheer energy I expend during my workday. First off, being an American entrepreneur, I work seven days a week and I am in near continuous motion.

I start my day by walking my dogs. After that, I head to work. My classes generally begin at 7:00AM, though some days I start even earlier. I will engage in strength training early in the morning four times per week with my training partner and fellow RKC, Zoe Georgiades. Our training focuses on kettlebells and bodyweight exercises. I also travel across the county to train jujitsu at Jay Hayes' school once a week. I practice boxing at our studio with Coach Joe Rubino, a former member of Gleason's Fight Team in NY, national boxing and kickboxing champion. In the mornings I will do my roadwork, practice various martial arts skills and hit the heavy bag.

Depending on the size of my martial arts class, I may train with the class and/or spar. Unless I'm at my desk, I am on the floor, training students in martial arts or kettlebells. We offer over 40 classes per week and I have about a dozen personal training clients. I'm moving and expending energy throughout my entire day. I lead the warm-ups for most of the classes and I am constantly picking up various sized kettlebells and demonstrating. I also demonstrate throws, kicks and grappling techniques in every single class. My energy level is always high. I average over two hours per day, six days a week for my own improvement. Not all of the training is high intensity; I work on my martial skills and sequences when I'm alone.

I don't take much in the way of nutritional supplements. Generally speaking, I strive for a nutrient balance of 45% protein, 40% carbs and 15% fats. Again, it all ties back to Cosmo's credo: limit portion size. Concentrate on reducing caloric volume; once the volume is under control, then refine the food choices!

DIET AND WEIGHT CLASSES

FIGHT AT YOUR PROPER WEIGHT

Most people have a weight where they will perform at their best. It may take some time to discover what this weight is and it may also change as the fighter gets older and more mature. Through training and diet, you have the ability to alter your natural design to fit into a different or more desirable weight class. For example, if you are a Light Heavyweight (205 pounds) and having issues making weight, you may want to put on some mass and grow into the Heavyweight Division. Proper nutrition, training and a sensible weight gain plan will get you there.

Here's a slice of little personal history for you. During my senior in high school I wrestled at the 148-pound weight class. It was OK for me in the beginning of the season, but I was young for my grade, starting my senior year at age 16 and I was still growing. I actually grew until I was almost 20. By the end of the year, I had a measured body fat of less than 3%. That amount is barely enough to sustain your internal organs, never mind engaging in physical contests. Well, I began to break down a few weeks prior to the end of the season tournaments. I was an Honor Roll Wrestler was predicted to go to the State Tournament.

I subsequently tore my calf away from my shin bone while cutting weight. I almost missed weight for the only time in my life and lost 6-5 in the semi-final round to a guy that I had handily beaten by a margin of 10-1 approximately a month prior. I wound up taking 3rd Place and back then, the Bronze Medal gave you a pat on the back, not a trip to the next level. I had to sit there and watch guys that I pinned and handily beat move on. I was a "Power Wrestler", but after dropping all of that weight, my strength eluded me.

I continued to wrestle in the spring and into the summer that year. I allowed myself to go up to the 170-pound weight class, two levels up from only the month prior. I was unstoppable, beating Regional Champs and State Place winners. One wrestler I pinned was from Blair Academy and had taken 2nd in the Prep School States.

You would have thought that I learned my lesson, but I didn't. My sophomore year in college, I dropped down to 158-pound weight class to try to break the line-up. We had a couple of studs at 167 and 177 and I wasn't able to beat them. I wound up making weight and during the third match of the first tournament; I tore the ligaments in my ankle and popped out my knee. I couldn't do anything but eat and lift, so that's what I did. In less than 2 months, I was 202 pounds. My College Wrestling career was over.

I vowed that I would never "suck weight" again, but I didn't allow myself to get fat. I wound up settling in at between 185-190 pounds. That is the weight I'm at today. I began to fight in Karate and do kickboxing, often fighting at Light Heavyweight and even Heavyweight as opposed to losing weight. My last competition was in 2010. I weighed in at 184 pounds. Even though the next weight down was 179.9 and weigh-ins were the night before, I didn't care. I fought Light Heavyweight and competed with guys that weighed up to 200 pounds. I went in two divisions and won all five of my fights, without giving up a point. It was a good way to end my competitive career.

Let us consider a couple of UFC Welterweights. They are two, completely different cases. In one, the fighter just gets too darn heavy between fights. In the other, he's simply too big for the weight class.

The dethroned UFC Champion Johny Hendricks. Hendricks reportedly cuts 40 to 50 pounds for each fight. He utilizes a "designer weight cut" method and dehydration to make the trip from 220 pounds to the 170-pound weight limit. When he defeated Robbie Lawler, he sustained a nasty biceps tendon tear. I will make the assertion that his tendons were dehydrated and brittle from the weight cut. The 24-hour time period between the weigh in and the fight did not allow sufficient time for the rehydration to reach the tendons and ligaments to restore maximum pliability prior to being subject to the rigors of the battle in the Octagon.

Seven months later, after surgery and rehabilitation, he faced Lawler once again and suffered a loss. He later spoke about his weight cut and how it had drained him, made him weak, and how he will now stay below 195. Unfortunately, Johny only stuck to this plan for one fight. He showed up grossly overweight at 183 pounds the day before the weigh-ins for a scheduled bout with Tyron Woodley at 170 pounds. Johny wound up in the hospital as a result of the weight cut\—and the fight got cancelled. He subsequently lost his next fight. He's a great talent and I wish him luck in getting his weight under control and back to his winning ways.

Anthony “Rumble” Johnson is a BEAST at 205 pounds (Light Heavyweight). At 170, he would typically miss weight and fizzle out during the later rounds of his fights. The guy is HUGE and I have no idea why his trainers had him fighting at Welterweight. I sat next to him on the UFC bus in Brazil during UFC 142. During this fight, he was fighting Vitor Belfort at Middleweight, 185 pounds (186 with the one-pound allowance). Johnson was thick and powerful; he also missed weight by 11 pounds, weighing in at 197 for the bout. This action, coupled with his loss, caused the UFC to cut him from their roster. He was then picked up by another promotion and went on to fight at 205 pounds, Light Heavyweight and even one bout at Heavyweight, 265-pound limit. He won 11 of his last 12 bouts, got re-signed by the UFC and steam rolled his way toward a second UFC Light Heavyweight Title Shot. Johnson is my pick; I wish him only the best in his quest! He’s one of my favorite fighters.

There are several other fighters that come to mind, Frankie Edgar and Anthony Pettis. They do not lose a substantial amount of weight, yet they have both been UFC World Champions, even though their “Walking Around Weight” is quite a bit lower than most of their adversaries.

We’ve seen some real life examples of fighters being at the wrong weight class. It’s an easy trap to fall into; I fell prey to the weight cutting while wrestling. Had I gone up in weight class, as I eventually did, I performed much better. You think that you will be stronger and have an advantage at the lower weight class. Not necessarily true. Let us exam some pitfalls.

The major issue that I see is fighters “cutting” weight through starvation and dehydration prior to a fight. Let us look at the drawbacks of this method.

- ***LOSS OF STRENGTH:*** No matter who you are, if you dehydrate yourself, your energy will be sapped. Your muscles are comprised of 79% water. Denying your muscles of their main ingredient will do nothing good for you. You will have no choice but to lose strength. This fact, coupled with the sugar reduction (or elimination) will also rob your muscles of much needed energy reserves.

- ***CLOUDED THOUGHT:*** Your brain operates on fats and sugar and is surrounded by cerebral fluid. If you are cutting a great deal of weight, the chances are you have significantly reduced your carbohydrates and your fats. By denying your brain of these, your thoughts and even your vision will be affected.

- ***SUSCEPTIBLE TO KNOCKOUT:*** We have established that our brains are surrounded by fluid. When we become dehydrated, the cushion of fluid around the brain becomes diminished. This leaves us more susceptible to knockout or even death due to the bruising of the brain.

- ***TENDON AND LIGAMENT DAMAGE:*** Your tendons and ligaments also require moisture to slide and operate at full capacity. If they are subject to dehydration, they will become brittle, opening you up to injury when they are stressed during combat.

- ***FOCUS ON FIGHTING:*** The best wrestler ever was Dan Gable. He set the bar for all others after him. He never cut weight. I have been involved in camps where the whole focus of the last 2 weeks was making weight. It is far more prudent to be focused on your training and fight preparation than it is to have your mind preoccupied with losing weight. Look at what Bernard Hopkins' take on cutting weight is. He is one of the longest lasting boxers in history and always stays in condition and very close to weight. Depending on your weight class, 15 to 25 pounds is all that you should allow yourself to gain after a fight.

  Again, the poundage described is dependent on your weight class. Once you start training again, you'll lose from 5 to 10 pounds of water weight. You clean up your diet and you're there. Please bear in mind that you should not feel like you have to walk around "on weight" or be "on weight" during your fight camp. It's good to have 5 to 7 pounds to work off during the last week or so of Fight Camp. Less for amateurs because you weigh in 3 hours before the event. Professionals are given 24 hours to eat and rehydrate.

Here's another point. Let us consider that you fight at 170 pounds (MMA Welterweight) and post-fight you balloon up to 210 pounds. What have you been doing? Either you are fighting at a weight class that is too low for you or you are not training properly and not exercising proper dietary discipline.

Post-fight, take a couple of weeks off. Unless of course you sustain an injury, then you will be required to heal, rehab and whatever is necessary to get you back to training. But if you are medically OK, two weeks off is sufficient. Get back to work. This is the time that you use to address the deficiencies from your last fight and to either expand on or enhance your current repertoire of fighting skills. Also use this time to improve your flexibility and gain strength.

If you are a full time, professional fighter your training should be consistent and then ramped up during fight camp. It's tough to improve if you simply train during your camp. For starters, you will not be in good shape. Then you need to work on the fight strategy for your particular opponent. How will you be able to focus on improving your fighting techniques and gaining strength? Another thing to consider, there are many "last minute" opportunities to fight as a replacement. I've seen this make and break careers. If you are in shape and you get a call to fight in two or three weeks, your chances of performing are much better. However, if you are 30 pounds overweight, you will need to cut down fast and therefore increase your chances of "gassing out" after the first round of the fight. You may have blown an opportunity to shine and boost your career. You will have blown it because you haven't maintained your training regiment.

Being called to fight as a replacement is a true reality. When I promoted fights, I'd typically start with 18 to 21 bouts and wind up with 8 to 10 fights by the time Fight Night arrived. I'd spend the last three weeks prior to the show scrambling around making last minute bouts to fill the card and secure fights. Don't miss out on an opportunity just because you are not in shape.

If you are not in a fight camp, you should still be training approximately three hours per day. You will want to work on your cardiovascular endurance, strength, flexibility and mobility. This type of training will enhance your performance and lessen the incident and/ or severity of injury.

There needs to be time spent on your striking (Boxing and Kickboxing/Muay Thai), Wrestling (Takedowns, Scrambles, Top Control), Submissions (Brazilian Jiu Jitsu, Catch Wrestling) and then the synergy between the disciplines. The aforementioned Martial Disciplines are simply examples. There are various other arts of striking and grappling that have merit in the sport Mixed Martial Arts competition. It's an imperative to have seamless transitions from Stand-up, to takedowns and submissions. The aspects require being trained first separately and then with transitions to develop them in a synergistic fashion. Drilling, drilling and more drilling. You must drill and do so with purpose. Offensive and defensive maneuvers, combinations and working one range of fighting to the next. There must also be a great deal of time for live rolls (grappling) and sparring (stand-up). Three hours a day gets eaten up very quickly when you add in all of the aspects needed for success in MMA.

HOW POWER SAVED MY LIFE

In 1983, I worked as a manager of a restaurant-bar in College Park, Maryland. At night I was the last one out the door and would lock up behind myself. Then I would take any cash we had collected during the day and walk it over to a night drop box at our bank a block from the restaurant. One evening, I closed up and, along with a friend, was walking towards the bank when two guys walking in the other direction stopped to ask for a light for a cigarette. They looked a little suspect, so I kept a good distance between them and myself. My friend, however, did not display the same situational awareness.

This was College Park, the epicenter of the University of Maryland, so to have young guys crawling the streets at all hours of the night was no big deal and nothing out of the ordinary. At first, when we were stopped, my sensors went off because these dudes were *definitely* not college material. My suspicions were confirmed instantly when as my friend rooted around in his pocket for a lighter, the smaller of the two guys in front of him lashed out with a savage straight right, and hit him right on the "button". My buddy fell like he'd been pole-axed and hit the ground, already unconscious. This was a robbery.

My training went on autopilot and in the same motion with which I shoved the money bag into the back of my jeans (this is what they were after) I instinctively fired a right kick to my assailant's forward left knee. He had all his weight on his left leg and when my adrenalized body blasted my right shin into the side of this thug's knee, he screamed in pain and was upended by the kick. He fell to the ground clutching his knee and I delivered a downward punch to his head, thus rendering him unconscious. He would later need surgery (in prison) to repair the damage. I leapt back to put some distance between myself and assailant number two.

Being a seasoned professional criminal with a lengthy prison record, assailant number two reached to pull out his six-inch combat knife and was going to stab me—just as he'd stabbed numerous victims and enemies before. Thank God this was in the "pre-gun" era, nowadays any self-respecting thug packs a gun. Back then, the crime tended to be physical or with a knife or club. Chances are, I would have been dead had he been strapped. He was to the left of his fallen comrade and had to jump over and around him to get to me.

The brief instant where he had to maneuver a bit allowed me to set and drop when he cleared his pal. As he got set with his knife in hand, I seized the opportunity and launched a straight right; I was much shorter than him and had squatted down. I drove upwards with every ounce of leg power I had. My fist impacted his chin and shattered his jaw. I stooped to attend to my semi-conscious friend.

One powerful cut kick and two blows from my right hand had dropped two professional muggers.

This is the type of stopping power and brute force my type of training bestows on the fighters who follow my protocols. Light, fast, peppery blows would not have stopped these two thugs; getting into a wrestling match or grappling with one would allow the other to join in. The only way to stop this deadly situation was to hit them hard enough, one time each, one punch to each, and only one kick, but with so much power that it literally stopped them dead in their criminal tracks.

My friend was fine and the police told us that this DC duo was responsible for a rash of strong-arm robberies, including two stabbings. They had apparently been casing me, studying my movements, studying my managerial habits, and thought ripping me off would be about as easy as taking candy from a baby. Wrong baby, boys. I believe the knife-wielder is still incarcerated.

FRANK
"THE LEGEND"
SHAMROCK

Back in December of 1997, I saw the famed cage fighter, Frank Shamrock fight Olympic Gold Medal Freestyle Wrestler Kevin Jackson. Jackson was the reigning UFC Champion. I had seen him wrestle and win the Olympics, but had never seen Frank Shamrock fight yet. Frank was taken down and immediately slapped an armbar on Jackson, submitting Jackson in a mere 0:16 seconds (it was actually a bit faster, but that's what the records show). I was an instant fan.

In 2004, Frank Shamrock was putting on a seminar about two hours from my house. Now I don't go to too many seminars, but Frank Shamrock, Five Time UFC Champion? That was a different story. This guy was a proven fighter and someone I wanted to learn from. He submitted MMA Legend Dan Henderson in a Grappling Match back in 1998 and beat the "Huntington Beach Bad Boy", Tito Ortiz into submission via tap out from strikes in Round four of their UFC Unification Bout in 1999. There was no way that I was going to miss this.

Frank, "The Legend", is the brother of Ken Shamrock, "The World's Most Dangerous Man" and the Hall-of-Fame, multi-time UFC and Pancrase World Champion and a genuine bad ass. Ken Shamrock was prototypical in that he was the perfect personification of a certain type of fighter that has always existed and always will: the perfectly trained, muscled-up jock with off-the-charts endurance and a 440-pound bench press. Ken was a savage; he was stronger then any opponent, he had better cardio than any of his opponents, he had a higher pain tolerance than any of his opponents, he had more muscle, less body fat and a nastier disposition than any opponent he ever fought.

Now, I am speaking of Ken at his glorious peak, when he battled Royce, Severn, Tank Abbott and all the other early greats of the UFC. Shamrock was legendary for the savage work ethic he used at his home fight camp compound, The Lion's Den. Young fighters from around the country would "audition" to become a team member in the Lion's Den stable. One famous audition drill would eliminate two thirds of the guys trying out. Ken would address the new trainees in session one on day one, "Let's start with 500 ass-on-heels squats."

Frank learned his hard lessons about fighting—real fighting—during his years at the Lion's Den. The Lion's Den took pride in their bad-to-the-bone workouts that were far more severe and far more inclusive than any of the fight training going on at that time. Once Frank delved into fighting deeper, he didn't agree with Ken's philosophy 100%, and Ken didn't think that Frank had what it took to be a great MMA Fighter.

Frank had a vision of the complete fighter, so he struck out on his own. Frank took the training to a new level—a more intellectual way of fight training, without abandoning the hard core roots. No one had unlocked the secret of seamless transitions between the different ranges and aspects of fighting. His transitions from striking to take downs to submissions was nothing short of incredible. Frank Shamrock became a tremendous fighter, *Full Contact Magazine's* Fighter of the Year in 1998. So, when I saw he was putting on a seminar in my neck of the woods, I wanted to go and pay my respects to a guy who I admired. I wasn't disappointed. Frank is a smart man, a clear thinker, articulate, humble, with a well-thought-out approach to combat fighting, and no-holds-barred cage fighting.

I was so impressed with the Shamrock approach. He really put a lot of things into perspective: he considered the puzzle of fighting and his view point was consistent with mine—but he had proven it in the cage and I loved that! He had taken the sport of MMA to a new level, one that hadn't been seen before. The degree to which Frank Shamrock *attacked* training was awesome. At the end of this perfect fight seminar, Frank said, "Hey, before we say goodbye, anyone want to roll with the champ?" Naturally, because we are fighters, and fighters fight, every hand in the room went up. Frank chose one guy prior to picking me and submitted him within 30 seconds.

Next it was my turn, and to make a long story short; I took Frank down by surprise with a fireman's carry—but I did not stay on the mat with Frank for I knew his submissions were superior to mine, so I let him up. Having seen him dispatch so many opponents, I wasn't going to stay on the ground with him and become another hapless victim. We went at it with each other for an almost five-minute round. At the end of the day, we were just two good fighters training together—nothing more, nothing less. But I was happy that I was able to "hang" with someone of Frank's caliber. I might add that after our bout, Frank proceeded to decimate every single man that stepped onto that mat as easily as an adult parent disciplining a five-year old.

He was impressed with how I fought. After the seminar, he took me aside to say that he was starting a network of top fighters and fight training professionals and he would like me to join. I told him I would be honored and that started a long friendship with this great, great fighter. I attended Frank Shamrock seminars, acting as his demonstration person and assistant coach for attendees. I soaked up the Shamrock approach like a sponge and credit him with opening my eyes about how formidable a combination extraordinary power and extraordinary cardio capacity are to a fighter. The philosophy might be summed up as: be the strongest, be the leanest—skill and tenacity become the variables.

Frank set the mold for every modern day fighter. His conditioning, strength, seamless transitions, relentless pursuit and high level of competency in each phase of combat, is what current fighters aspire to attain. They (we) owe "The Legend" that level of respect and acknowledgement. Being strong and in condition is easy—provided you are willing to put in the work. You are in full control and possess the ability to become strong and conditioned.

KO
POWER PROTOCOLS

SPEED + STRENGTH = UNCONSCIOUS OPPONENTS!

TYSON POWER: HOW TO GET IT

As I watched the Mayweather versus Pacquiao fight, I was bored out of my mind and wondered why… Both men were fabulous technicians at the top of their game; both men were perfectly conditioned, lean and in shape—so what was missing? Why was this fight so anticlimactic that I actually fell asleep in the sixth round?

What was missing was the element of danger. I never for an instant felt that either man capable of knocking the other out; this would be a chess match instead of a brawl. I find chess boring. So, what was the missing danger element? Neither man had that paralyzing fear that comes from fighting a man with knockout power.

The most feared of all boxers is the power-puncher; if a man hits like a ton of bricks, he can turn any fight to his advantage in an instant. Let your "chess strategy guard" down for one millisecond with Marvin Hagler or Tommy Hearns, Sonny Liston, George Foreman, Rocky Marciano or Mike Tyson, and you will end up unconscious. The power-puncher is feared and gifted.

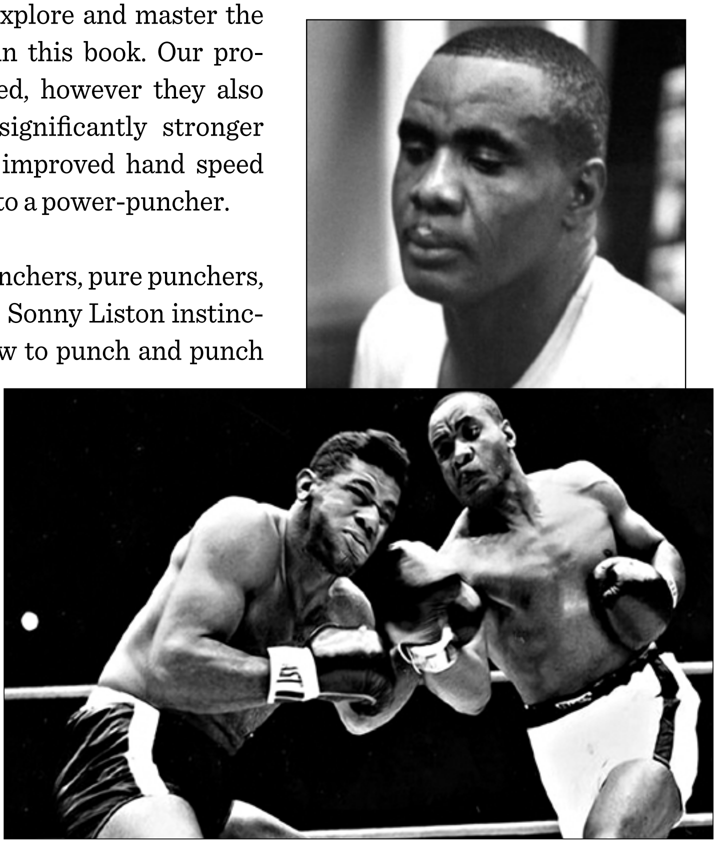
- ***EXPLOSIVE POWER IS THE TRADEMARK OF THE POWER PUNCHER:*** knockout power requires a special type of strength. Knockout power is not the slow grinding torque exerted by the powerlifter. KO power is speed and power combined. The faster we can propel a payload, a heavy payload, be it a foot or fist, the greater the devastation. Slow ponderous strength is fine and appropriate in clinch or a grappling situation, but if the goal is to deliver a knockout blow, then our actions need to be explosive and swift.

- ***HAND SPEED (ALONE) IS NOT ENOUGH:*** both Mayweather and Pacquiao exhibited plenty of pure hand speed—but these speedy blows were without mass, there was no power, no substance or consequence to these hand strikes. Speed without strength is slap-fighting. Any man who fought Marvin Hagler knew what speed combined with power felt like.

- ***OUR GOAL IS TO CREATE POWER-PUNCHERS:*** I have developed power-puncher protocols that build real speed and real power. To become a power-puncher, you need to explore and master the explosive drills outlined in this book. Our protocols increase hand speed, however they also improve raw power. A significantly stronger fighter with significantly improved hand speed morphs the slap-fighter into a power-puncher.

For the most part, power-punchers, pure punchers, are born, not made. A man like Sonny Liston instinctively and intuitively knew how to punch and punch really hard. Hitting people really hard came naturally and easily to the illiterate ex-con. He was gifted genetically with a powerhouse body—Liston had hands the size of catcher's mitts and the balled up fists at the end of his 18-inch arms were enormous and scarred.

Liston had arguably the greatest left jab in the history of the heavyweight division. One opponent described being "shocked" by the severity of Liston's short left jab. "It was like being hit in the face repeatedly with a chunk of concrete." That is different than being hit in the face repeatedly with a pile of feathers.



Bad-to-the-bone: Charles "Sonny" Liston, prototypical power-puncher

Liston's jab power originated in his feet. The jab itself was the culmination of a synchronized ballet of muscular integration; Liston exhibited inherent body mastery. He naturally did everything right, insofar as intuitively mastering the subtle mechanics of throwing a power-punch. Now, add that to the fact that he was a physical powerhouse, and you have all the ingredients necessary to construct the ultimate power-puncher.

Sonny Liston was a muscular genetic wonder; he never trained before he was imprisoned and was born with an incredible, thick, lean, muscled-up body carrying low body fat and possessing lightning-fast reflexes. He was blessed, physically, and while he trained (some) his real strength lay in his power.

Liston would start a fight by letting his opponents get a taste of his left jab; when they decided they didn't want to be at arm's length anymore, he'd bore inside and hook to the ribs with vicious bone-crunching blows. He'd look to "shorten" his usually taller opponents with the body shots before ending the fight with sledgehammer blows aimed at the jaw. He was extremely deadly with an overhand right cross.

Because he was so strong and powerful, he could shrug off your punches and had no problem wading through the best his opponents had to offer in return for launching one of his nuclear missile shots to the head or ribs.

Sugar Ray Leonard was another natural puncher. Note that I did not say natural *power*-puncher. Ray was a master puncher and a master boxer but he did not possess "heavy" hands like his murderous opponents: Roberto "Hands of Stone" Duran, Tommy "The Hit Man" Hearns, and Marvelous Marvin. Ray Leonard had light hands, relatively speaking, compared to the heavy hands of his fight opponents.

It is one thing to get hit with an excellent punch thrown by a man weighing 145 pounds, it is quite another to get hit by an equally efficient punch from a power-puncher weighing 220 pounds, like Sonny Liston.

George Forman was a physical giant who, at his awesome peak, likely hit as hard if not harder than any other heavyweight in history. Norman Mailer covered the Rumble in the Jungle and wrote about observing a Foreman training session. He describes what real power—devastating power—looks like up close and personal:

> *"He (Foreman) was hitting the 100-pound heavy bag. Monstrous, muscular, in amazing physical condition, Foreman, dug in and pounded the bag with alternate hands; his fists created an ever-deeper indentation into the bag until the one section he had targeted was beaten flat and finally split; he pummeled the thick canvas until it ripped apart; my immediate thought was, 'My god, no human alive could be hit with these blows and not crumble or be killed or maimed! The fight should be stopped!' Forman was beyond human."*

In the 1930s, Frank "Farmer" Burns, one of the greatest legitimate wrestlers of all time used to routinely submit opponents using a leg-lock or body clamp with his legs. Burn's leg strength was so incredible he was able to burst a 100-pound burlap sack of grain using a leg clamp. This isometric squeezing of grain sacks was a technique he'd first developed and used as a farm boy. Imagine a man with that level of leg strength clamping onto your waist with legs that powerful?

The question for fighters worldwide becomes: can we devise training that could provide this type of power and strength? Could power be acquired and improved upon?

I have been pondering how to best improve these attributes for decades.

Mike Tyson was a physical powerhouse: thick legs, thick back, arms and chest—a weightlifter's body bestowed by Nature on someone who never lifted weights.

In recent history, Iron Mike Tyson best exemplifies the pure power-puncher. We need demarcate Tyson's career into sections: I refer to the greatest version of Mike Tyson, the Tyson of the early great years while Cus and Jimmy Jacobs were still alive and he was at his most awesome trained-and-honed-to-peak-perfection. Here was a relatively small heavyweight, 5'11" and 219 pounds, consistently chopping down much larger men who were far taller with greater reach; men far more statuesque, athletic and imposing than the short, squat Tyson. Mike Tyson had an almighty equalizer...

Tyson hit so hard (even wearing 12-ounce gloves) that he could knock a man out with a short shot to the ribs. At his power peak, he was frightening. Butch Lewis recounted meeting Tyson backstage in the dressing room prior to the Michael Spinks fight.

> *"I was Michael Spinks' man and as such went to the opponent's dressing room to watch Tyson get his hands taped, as is customary in boxing. I leave our dressing room and my fighter is down on his knees praying. I walked to Tyson's dressing room and here is this crazed monster punching holes in walls—literally punching through drywall walls with death-blows. I think, my man is praying and this man is punching holes in walls before fighting my man...Oh Lord this is not good!"*

And it wasn't good, Tyson destroyed Spinks, knocking him out in the first 90 seconds of round one, annihilating him, and decimating the very best in the world. Tyson was the youngest and most promising heavyweight fighter of all time. Again, keep in mind this is a somewhat undersized heavyweight fighter who overcame and negated his lack of height and lack of reach with off-the-charts punching power: hands that shocked and instilled fear in much larger athletes.

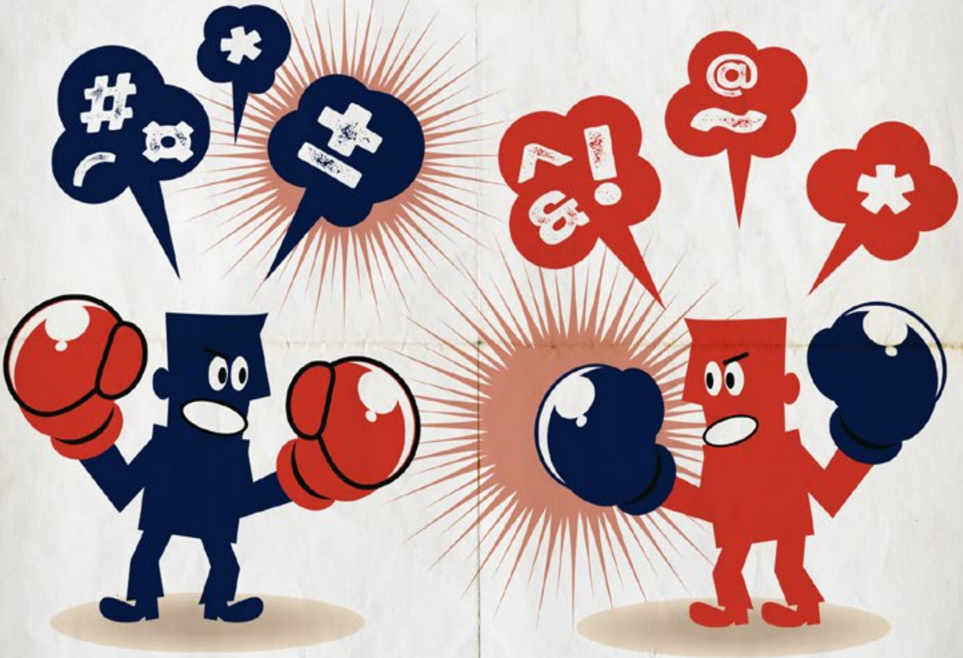
George Foreman was a powerhouse, but he was ponderous and relatively slow, whereas Tyson was a different kettle of fish. At his peak, he was as fast as lightning with locomotive cardio—an unbeatable combination. Here is the question all serious fight trainers need to ask: is there a way to increase current levels of punching power and increase it to a *significant degree* through systematic training?

How much of Nature's genetic gifts can we recreate though conscientious training? My protocols are designed to do exactly that—regardless of your current level of power. By systematically and consistently using my power protocols, over time, the trainee will radically and dramatically increase *how* hard they hit or kick.

While we cannot guarantee that we will infuse you with the power to punch through walls, split open 100-pound heavy bags or burst grain sacks with leg clamps, we can and will guarantee that using these power protocols and strategies in the way in which they are designed, with the diligence and adherence they require—performing them religiously for 90 days—will *dramatically* improve your current levels and capacities.

When it comes to improving pure punching power, we will make you much stronger. We can make you much faster while simultaneously improving "fighter cardio." That sounds like "win, win, win."

TALKING



SMACK

I've always hated "talking smack". During and before fights or contests, many people have done it to me, and I just keep my mouth shut. I've always had the attitude of "put up or shut up". All I can say is, thank God for Marty Gallagher. I would have never spoken about my personal triumphs, he brought this out in me. I've always been of the mindset that if you talk too much, it's going to bring you bad karma. So, I just keep quiet and act—when the time is right. People who knew me well, especially back in my fighting days, in the ring and out, knew that I was going to do something when they didn't hear me say anything. I was getting "ready to roll".

As I said before, there have been many incidents, but these two come to mind. One occurred at the Eastern Regional National Greco-Roman Wrestling Championships in 1979 when I was 16. This was the U20 (competitors age 19 and under) division, so there were some college-aged competitors in the tourney.

I was warming up and my little brother was hanging out by the mat. The Ohio State champion told my little brother that he was going to "kick my ass". My brother was six years younger than I was, and he came running to me all upset about what the other wrestler had said to him. I just told my brother not to worry.

The match lasted 0:43 before the guy who proclaimed that he going to kick my ass was taken off the mat on a stretcher. Unlike collegiate wrestling, in Greco-Roman, you get additional points for throwing your opponent so that his feet go over his head. That's just what I did to him. I hit a duck under, got behind him and launched him backward. He landed square on his head as I drove him into the mat.

Another incident occurred at a martial arts tourney in January of 1990. It was the Jersey Shore Championships. I will admit that I have fought in many national and even world competitions, but some of my best fights happened during the local tournaments.

In this particular event, there was supposed to be "limited contact" to the head, but full contact to the body, because we were not wearing any gear—just a mouth piece, groin cup and taped hands. We lined up to match up with our first opponent. There was a "brash" fighter with my same last name in the group. I said, "Hi," and went to shake hands. He looked at my belt and after seeing that he was a 5th degree and that I was 2nd level, said, "Bow to me". My hackles went up immediately. I said, "I'm not bowing to you, you're not my instructor... I'll bow right before we fight".

After the pairings were made, we went to warm-up. As I was getting ready and going through my pre-fight routine, he's over there jumping all over the place, doing all of these fancy kicks and strikes. He's making a lot of noise and running at the mouth. My wife at the time says to me, "That guy looks really good". My reply was, "Everyone looks good, until I hit them".

We both had a couple of fights, then headed into the ring for the semi-final round. He finally got the bow from me that he wanted. Now it was my turn to do what I do best. We started by moving around the ring and he was throwing his "flippy, fancy" stuff... Then I launched my attack, hammering him with a sidekick to the ribs that collapsed him. He hit the ground as I pursued him. The refs stopped me as he lay on the floor writhing in pain. He left the ring on a stretcher with broken ribs.

So much for smack talk.

MY "TOP TEN" LIST OF BADASS FIGHTERS

There is no particular order to this list; though I suppose a psychiatrist would likely suggest the very way in which they appeared in my consciousness as I wrote this is somewhat indicative of my subconscious preference. Of the ten, only one is dead: Frank Gotch.

1. ***"JUDO" GENE LEBELL:*** My late-in-life role model, Judo Gene, now 83, is revered worldwide as the Godfather of modern MMA. Imagine this: Judo Gene began studying wrestling at age seven under Ed, "Strangler" Lewis, another immortal grappler. Then, at age eleven, he boxed—coached by Sugar Ray Robinson! As a teenager, Gene studied Taekwondo, Shotokan, Kenpo, Greco-Roman and Freestyle wrestling. He moved to Japan to learn Budo from Judokas and Jujutskas. He is also a mentor and trainer of Ronda Rousey. I'll get to her later.

2. ***FRANK GOTCH:*** Once upon a time, professional wrestling was very real and very big. The two biggest stars were George Hackenschmidt and Frank Gotch. Frank was a superior technical wrestler with tremendous strength and lightning quickness. Frank had a full knowledge of holds, counter-holds, strategy, and was always in the best of condition. Frank Gotch's measurements were taken before his 1911 victory over Hackenschmidt. Age: 33, weight: 204 pounds, height: 5'11", biceps: 17.5", neck: 18", chest: 45", waist: 34", thigh: 22", calf: 18". He was a nasty wrestler that loved to inflict pain.

3. ***MIKE TYSON:*** He was the youngest ever Heavyweight Champion of the World in boxing. He hit like a truck and had incredible movement and combinations. Tyson was a student of boxing and knew the sweet science like a true expert. There are two Mike Tysons: the Tyson before Cus and Jimmy Jacobs died—and before he fired trainer Kevin Rooney—and the Don King Tyson. The young Tyson was the most fearsome young fighter in history. Toward the end of his reign, Mike abandoned his trademark "relentless aggression" bob-weave-and-uppercut style of fighting Cus and Kevin drilled into him.

4. ***BENNY "THE JET" URQUIDEZ:*** There were a lot of fake fighters hiding in karate back in the day; the whole "point fighting" concept made sure that no one ever got rocked and created a bunch of dancers masquerading as fighters. Benny was different, his mom had been a pro wrestler and his dad boxed. Benny tore up every type and kind of karate, amassing a 63 and 1 record in kickboxing. He was very much a combat fighter and had a deserved reputation as a fearsome street fighter. His trademarks were power and speed, ergo the nickname; he hit way harder than his size would indicate.

5. ***"MARVELOUS" MARVIN HAGLER:*** The only other boxer on my top ten list, Hagler was power personified. Marvin was a different kind of power-puncher; most power hitters lack boxing skills, relying and depending on landing a haymaker. Hagler was a boxer who happened to possess some of the heaviest hands in history. Marvin was the complete package—lean, tremendous conditioning, incredibly fast—he was an incredible athlete. 62 professional wins, 52 via KO, two draws and only three career losses—with two of them dripping in controversy. Hagler was frightening and lucky enough to have fantastic opponents like Ray Leonard and Tommy Hearns. Marvin had the freaky ability to shift from southpaw to orthodox stance with no loss in power or precision.

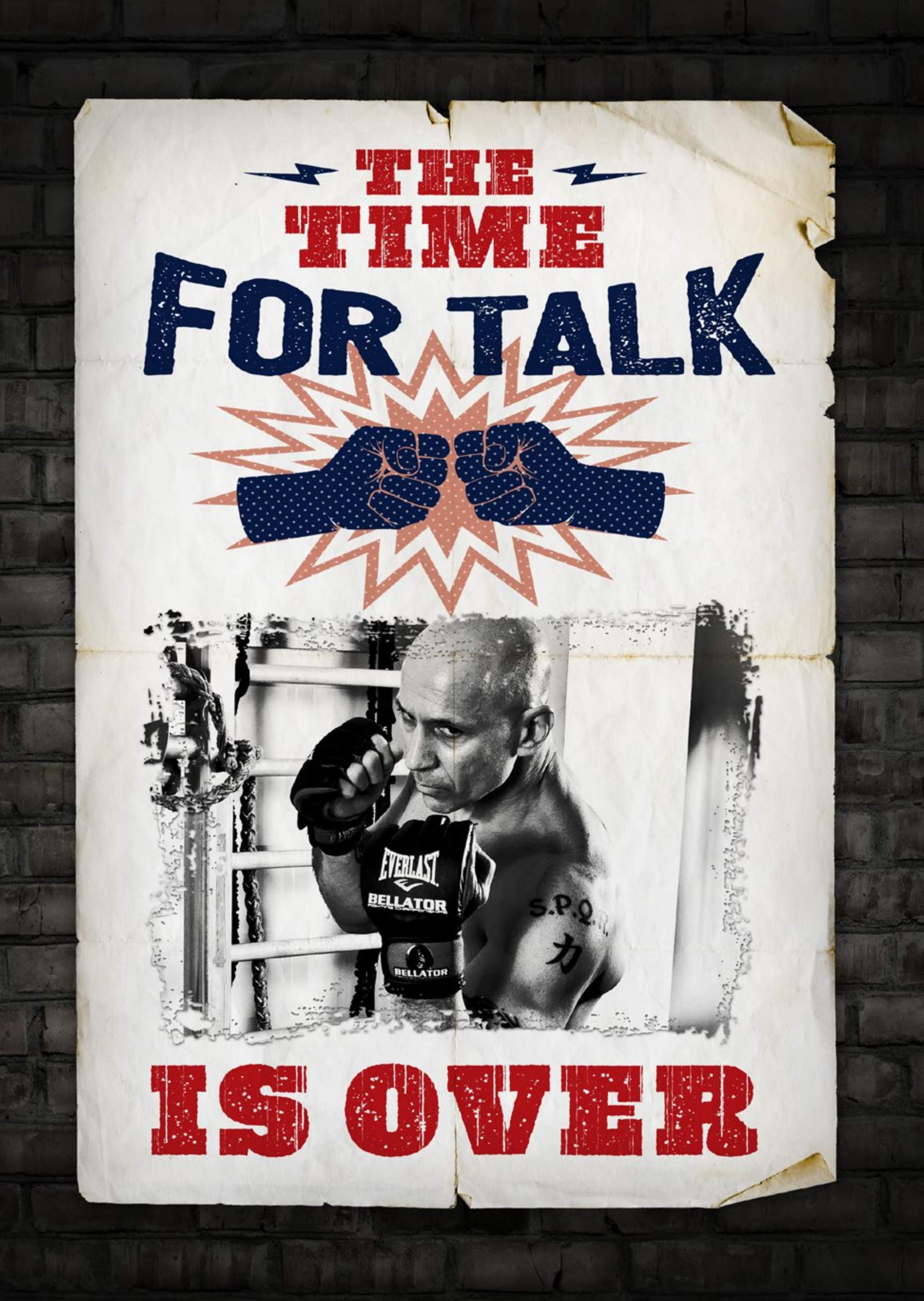
6. ***FRANK SHAMROCK:*** Frank was the prototypical modern mixed martial artist. The Lion's Den training facility was the first true Mixed Martial Arts training academy and Frank was the first of the early fighters to tie together all the aspects necessary to succeed in MMA. Frank stressed seamless transitions from stand-up to takedown and into submissions. An extremely intelligent and tough fighter, Frank changed the way in which fighters trained. He was a fabulous fighter in his own right and though often overshadowed by his MMA Hall-of-Fame brother, Frank was and is the ultimate authority in my book and he created the Shamrock Submission Fighting system.

7. ***ROYCE GRACIE:*** The Gracie Family changed the face of martial arts forever and they did it using Royce as their standard bearer. He was sensational. Royce was a slightly built, 175-pound athlete who looked more like a swimmer or a tennis player, yet he beat up, submitted and generally made fools out of physical monsters and giants. Royce had the best heart in the game and for five years no one could solve the riddle that was Gracie jujitsu. The widespread inclusion of "the sprawl," perfected by Chuck Lidell, spelled the end of Gracie dominance. The Gracie approach to submissions is state-of-the-art. The world of martial arts owes this family a huge debt of gratitude—they put the "real" back into fighting.

8. ***DAN HENDERSON:*** Hendo is the working man's MMA artist. Dan's roots are deep in roughhouse, in-your-face Greco-Roman wrestling. Hendo was an Olympic-level Greco-Roman wrestler who discovered he could hit like a farm mule. His overhand right punch to the nose or jaw is devastating. Like Randy Couture, Dan Severn and Mark Coleman—all in the UFC hall of fame—Hendo never lost his wrestler's taste for grinding opponents down. Over the decade he fought, he continually improved. He actually was at his peak during his years with the Japanese Pride Fighting organization. Hendo had the gas tank, the pain tolerance, the skills, and the tools to accompany his shocking power.

9. ***DAN "THE BEAST" SEVERN:*** A true American fighter legend, Dan "The Beast" Severn had over 100 professional MMA wins, 102-19-7. He fought professionally for almost 30 years. He started his career as a wrestler at Arizona State. He held the US Collegiate National Record for pins from 1976-1992. He had a controversial loss at the Olympic Trials to the eventual Olympic Champion. Severn was the first "big league" wrestler to become involved with the fledgling UFC. He steamrolled his opponents, and his battles with Ken Shamrock were legendary. He beat the living hell out of Royce Gracie before being choked out with a triangle choke—a move that was unknown outside of jujitsu at the time.

10. ***CHUCK ZITO:*** Chuck is the only person on the list who is not a well-known MMA fighter. I so respect Zito's skills as a fighter that I included him on my list. I have seen him in action and as a street fighter he is as incredible. Chuck's dad was a professional welterweight boxer and Zito learned to fight at a young age. He is a classic Italian Bad Boy and was the president of the New York City Chapter of the Hells Angels. He was a terrific boxer, an avid martial artist, a professional bodyguard, and a crazed stuntman. He wound up on TV as a regular in the long running cable prison series, OZ, as well as being featured in many movies.


THE TIME
FOR TALK
IS OVER
EVERLAST
BELLATOR
BELLATOR
S.P.Q.R.
力

Real fighters fight. Pretend fighters talk about fighting. After all the talk is talked, after all the theories are mulled over and pondered, after all the viewpoints are shared, it is time to translate abstract ideas into concrete reality. It is time to train and train hard enough and smart enough to elicit the gains we seek from our training efforts.

Training is sacred. To me, training is everything. Intense training, and effective training need to be sweaty and exhausting. Effective training purposefully pushes us past our current limits and capacities—do we really think we're going to dramatically increase our power or dramatically increase the size of our cardio gas tank without exceeding our present limits, without pushing ourselves past our current capacities? Really?

Maybe in the magical fairy tale fighting world of *Crouching Tiger, Hidden Dragon,* but in the martial fighter universe I inhabit—and have since childhood—results occur as a result of exceeding what we are currently capable of, in some manner or fashion. We get better by working harder, longer, and more often, with ever-increasing degrees of difficulty, attention and focus.

We always have a plan. Most of my students fight competitively in some format, at some level, ergo, we are always either prepping for the next fight or coming off a fight. Both situations require a game plan. I like to get my fighters thinking in terms of goals; obviously if a trainee has an upcoming BJJ match or a karate tournament, that is a goal. I have students set their goals into a timeframe and we work backwards to create an appropriate training template.

My training approach simultaneously addresses strength, explosive power, mobility, flexibility, agility and cardio conditioning. Again, in each of these categories I am 100% biased towards the fighter's unique needs. Everything we do is done with the wants, needs and desires of the true fighter in mind. In our approach, the sagittal, frontal and transverse planes of human motion are all utilized with such precision that our capacities are strengthened.

Our method pays homage to six distinct types, or kinds of training. This allegiance to a half-dozen separate disciplines enables us to build the complete fighter: explosive, powerful, lean, with tremendous strength and the type of stamina and staying power unique to the demands of fighting.

FIGHTER ATTRIBUTE DEVELOPMENT

SPEED: **Kettlebell velocity, *plyometric or explosive power drills***
POWER: **Grind reps, *slower rep pace***
MOBILITY: **Joint drills, *rolling, shoulder and hip "opening"***
BALANCE: **Bodyweight exercise, *body awareness and de-loading***
FLEXIBILITY: **Pliability drills, *static and active stretching***
ENDURANCE: **Cardio conditioning, *muscular endurance and pure cardio***

Any sophisticated and effective fighter training regimen must recognize the value of each of these six invaluable and indispensable fighter characteristics. Once we can identify a valued fighter characteristic, we can then devise a training modality to specifically develop that sought-after characteristic. How does the smart fighter go about getting better?

- Establish a goal
- Place the goal into a timeframe
- Create a workout template
- Work backwards to establish realistic weekly goals
- Hold yourself accountable: log sessions, log results

Once we have a goal, we can create a plan and set the plan into a timeframe. Each week we improve. Here is a hypothetical training template for a competitive fighter. This is just one potential template, every situation, fight and fighter are different, and therefore every fighter template is unique and customized. For illustrative purposes, we show you one particular method we use.

MOVING THROUGH TIME AND SPACE…

There is nothing like being supremely athletic and being able to effortlessly move your body through time and space in precisely the manner and fashion the situation requires. If you are fighting another person, optimally you seek to impose your will; you seek to maneuver your opponent in a predetermined fashion. How can you expect to move the opponent if you lack self-mastery? Bodyweight training is used as a functionality test: if you are unable to perform the tasks, your strength-to-bodyweight ratio needs to be improved. A high level of thoracic mobility, core strength and tendon and ligament resiliency are required to perform most of the intermediate and advanced bodyweight movements.

KETTLEBELLS AS MARTIAL TOOLS

VARIED BEYOND BELIEF: Often people look at the simple kettlebell and perceive it as limited. But, the variety of movements and exercises, the number and type of protocols that can be enacted and applied using the kettlebell as the tool of choice is truly remarkable. A kettlebell, in the hands of an expert, is a mighty device, capable of providing the fighter with increased power for strikes and that unique locomotive cardio conditioning that kettlebells create.

PRISTINE TECHNIQUE KEEPS US SAFE: We stress correct kettlebell technique over and over—there is a right way and a lot of wrong ways to hoist a kettlebell. Proper technique will keep the kettlebell lifter safe, and sloppy technique will result in injury. We have a technical ideal for every kettlebell exercise. The strategy is to ingrain proper technique using light poundage; once techniques are established and understood, then we can gradually increase the payload—making sure that there is never any degradation in technique. When technique breaks down, we curtail the set. We strive to improve on all of our kettlebell techniques.

LESS CAN BE MORE: We have found that expert use of the kettlebell can provide a dramatic increase in power and strength in just a single hour, three times per week of kettlebell strength training. Unlike cardio, strength training needs to be intense and infrequent; the body needs to recover from the unusual stresses associated with strength training before strength training again. This is not to say that all other types of fighter training cannot be ongoing and continual. The benefits of strength training are optimized when we allow the body to heal, recover and grow before attacking the pulverized body parts again.

UNCONSCIOUS AWARENESS: Our method also addresses proprioception, the internal stimuli of the body's unconscious awareness in relation to the environment. To develop this sensitivity, we take advantage of our proprioceptors. This is the reason we train barefoot or with the thinnest soled shoes. Thick running shoes, for example, prevent us from rooting into the ground and degrades proprioception. Our method of "proprioceptive training" promotes incredible power-to-weight ratios.

BODYBUILDING AND FIGHTING: The bodybuilding notion of isolation exercises and training body parts as in "leg day, chest day, and back and bicep day" has zero translation to fighting. Do we isolate body parts during a fight? How often will you only use your hamstrings or triceps in a fight? The body is used all at once. As in dynamic sports, kettlebells and bodyweight movements require—at least the ones we teach—us to activate our core and use multiple limbs simultaneously.

STAND-ALONE SYSTEM: My method is a "stand alone" system that prepares fighters for the rigors of combat. As a seasoned fighter, I know all about combat fighting. As a stand-alone system for training fighters, I will contend our system offers the most in terms of time efficiency, economy of motion, operating in the transverse plane, strength, flexibility, endurance, durability, hip pop-and-lock and explosive power. All of these attributes are addressed, and all of these components are necessary for success in combat.

KETTLEBELL AND BODYWEIGHT TRAINING: THE PLANES OF MOTION

As a fighter I have come to understand and appreciate the value of thinking in terms of the "planes of motion" and devising methods by which to improve performance within each plane. Sagittal, frontal and transverse planes are all addressed, along with improving function and operation within each plane.

Most weight training exercises only address the sagittal or frontal planes, and do very little within the transverse plane—not coincidentally, this is where most athletic injuries occur. Kettlebell training addresses the planes simultaneously. We create functional strength by recruiting multiple muscle groups to perform the work. Muscle stabilizers are activated to a significant degree, performing the movements in the way we perform them.

The COG (center of gravity) changes dramatically during the explosive movements of kettlebell training. Compound, multi-joint, full range-of-motion movements strengthen the body through each of the different cardinal planes of movement and motion. We seek the recruitment of all the stabilizers and support muscles. Kettlebell training mimics real life, combat fighting, and explosive sports closer than any other type of training.

ALL THE TOOLS I NEED...

I have jump ropes and kettlebells in my studio: no treadmills, no stair-masters, elliptical trainers, or any other hamster-wheel inspired cardio machines. They are not necessary. My kettlebells, a jump rope and my bodyweight are all the tools I need to train. The other simple tools I use are primarily for additional fun and variety.

Your total fitness needs can be met with four pairs of kettlebells, a jump rope, a 6-foot pole and a pull-up bar. Throw in a sledgehammer (or two) and that's all you need. This limited number of tools and limited amount of time allotted for the acquisition of strength and power will allow you more time to spend on developing your fighting skills.

Hardstyle kettlebell training is reliant upon the alternating of tension and relaxation. Just as in sport and life, we move from static, full tension states to complete muscular relaxation. We modulate, back and forth, as the fluidity of the athletic situation demands.

FLEXIBILITY & MOBILITY

TRAINING

ROUTINES

STRENGTH & POWER

Before embarking on any of the listed training routines, it's vital to adopt solid warm-up regimens to avoid or at least lessen the severity of injury, increase your ability to move and maximize your strength and power development. Many of the movements listed below are used on a daily basis, not just by fighters and martial artists, but all of my students.

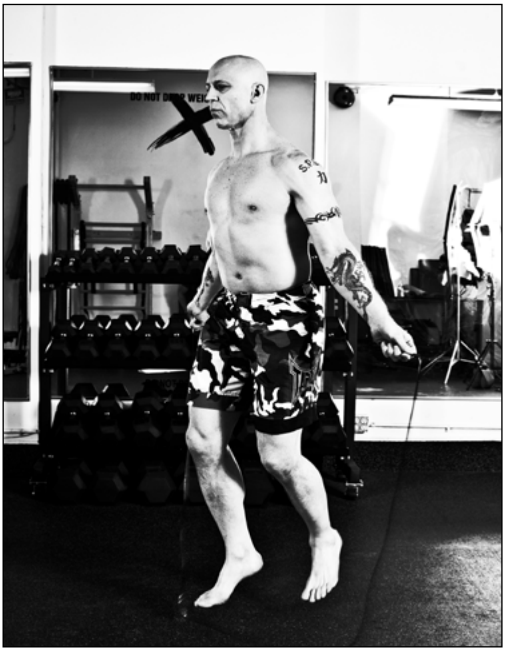
WARM-UP, MOBILITY AND FLEXIBILITY

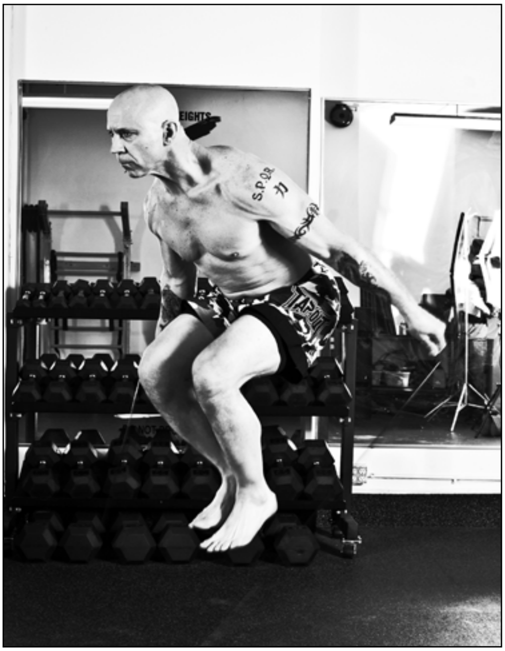
Following you will find some of my favorite exercises for mobility and flexibility. Being able to move and having a full range of motion is critical to avoiding injury, maximization of power and application of techniques. There should be a good 15 to 20 minutes of these drills built into your workouts. Your body will thank you by responding better to the rigors that you put it through during training. You want to extend your career and augment your performance.

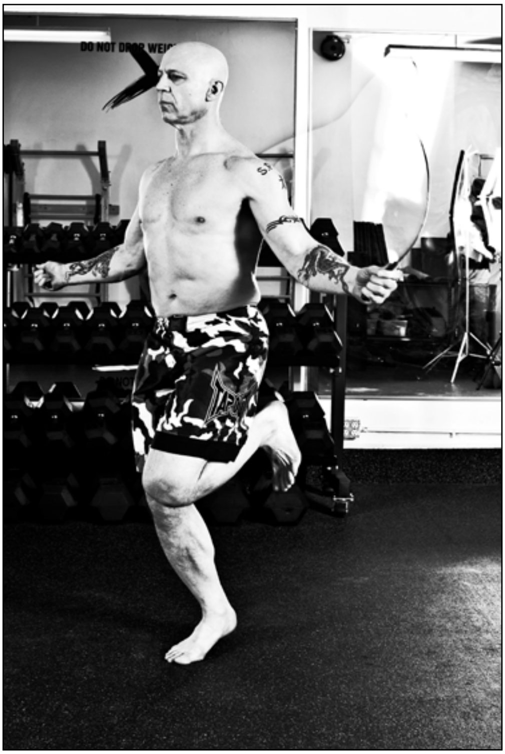
JUMPING ROPE

All sessions should begin with jumping rope. It's the single best aerobic activity for a fighter. The coordination between your foot movement and hands is critical to fighting. It's also a low impact Plyometric exercise.

Jumping rope gives you rhythm and teaches you how to shift your weight from foot to foot while moving. In addition to simply jumping with your feet together or shifting from one foot to the other, there are also some very challenging methods to jump rope. Double Jumps (two rotations of the rope under your feet with one jump), throwing front kicks while you jump, switching your stance front to back, moving forward and backward across the floor and mixing up all of the aforementioned. When I competed, I used to jump rope for 32 minutes straight.







All of my fighters do a warm-up routine. We conduct the warm-up with two different methods. They are either time or repetition based.

TIME BASED: 2 minutes on the rope, 30 seconds of push-ups and abs. We repeat this for 5 rounds of skipping rope and 4 rounds of the calisthenics.

REPETITION BASED: Rounds of 200 hundred skips on the rope with 25 push-ups and 30 abdominals. We perform 5 rounds on the rope to yield 1,000 skips and 4 rounds of the calisthenics garnering 100 push-ups and 120 abdominals. Now we are ready to train. This is also a great workout to do if you have limited time and space. This should never take longer than 15 minutes.

FLEXIBILITY AND MOBILITY

STANDING TWISTS WITH BO STAFF

There are six basic movements with the Bo Staff. You may use any straight stick as a substitute. For the first four, you need to maintain taut buttocks with your hips tilted forward; for the last two, a flat, arched back with straight legs.

1) NEUTRAL SPINE DRILL: Place the staff in a vertical position so that it runs parallel to your spine. Make certain that the staff is in contact with your coccyx, thoracic and the back of your head. Start in the standing position and slightly bend your knees as you pull your hips back while keeping the staff against all three points.

2) SIDE TWISTS: Set your feet about shoulder-width apart with the staff resting comfortably on your shoulders. Keeping your head straight forward, twist approximately 180 degrees to each side. 15 repetitions each side.

3) SIDE BENDS: Maintain the same position and then bend side to side. Keep the staff in line with your body. Do not break the plane. 15 repetitions each side.

4) REACH-BACKS: Keeping the staff and your feet in the same position as the previous exercises, reach upward and back with one end of the staff and low and forward with the other end. The motion is as if you were swimming the backstroke. 15 repetitions each side.

5) BENT OVER SIDE TWISTS: Now arch your low back, as if you were in a “line backer” or “second basemen” stance except that your knees are straight. Head is up and looking forward. Your upper body is parallel with the floor. Begin to twist side to side, rotating around your spine in space. 15 repetitions each side.

6) GOOD MORNINGS: Maintain the same position as previously and go down to parallel with the floor and then up to completely upright. Do 20 repetitions.

X-PRESSES & ELONGATE

Begin with your feet approximately 1 1/2 of your shoulder width apart. Cross your hands in front of you and “push” out to the front and the back as you pivot your feet toward the right side. The palms are flat and the fingers of your right hand are up while the fingers on the left are down. Shift your weight onto the front (right leg). Repeat the process to the left side as you execute deep breaths.

Repeat the movement 3 to 5 times each side.

DOOR JAM STRETCH

This stretch is a great way to reach every part of your back. However, it takes a little experimentation. Find a door jam and start with your left hand. Grip the door jam with your thumb down, your feet a little less than shoulder-width apart and your right foot slightly approximately 18 inches in front of the left. Your right foot should be almost in line with your left hand. Adjust your height and shift your hip to stretch the different areas of your back. Repeat the movement on the opposite side of your body.

CROSS STANCE SQUATS

Stand with your feet close together and your hands overlapping, palm up directly below your navel. Imagine that you have a cup of hot tea in your hands. Spilling it will burn, so you need to keep your body in balance with your nose in direct line with your navel.

Take your left foot and step deeply across and behind your right leg. Both of your feet as well as your body should be facing forward. Bend both knees until the outside of your left knee touches the outside of your right knee. Lower your weight onto the back of your left leg and *be certain to not allow either knee to touch the floor*. Then uncross your legs as you stand up and repeat the process to the other side. Do this 5 times per side.

SHIFTING HAMSTRING STRETCH

Also known as the “Karate Stretch”. Stand with your feet approximately 1 1/2 shoulder-width apart and point the toes of your left foot straight forward and the toes of you right foot to the side. Your feet will make an “L”. Shift your weight onto your left side by bending your left knee. Maintain a straight back and drop your body low. Flex the right foot and you will feel the stretch in your right hamstring. Place your hands out in front to maintain your balance. Shift to the other side and repeat this movement to both sides three to five times.

BRIDGES

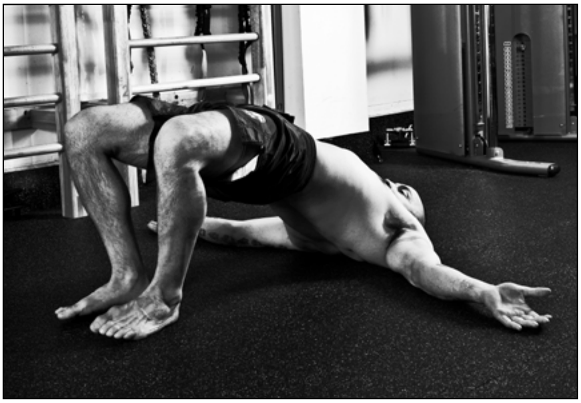
THORACIC BRIDGES

Begin with your hands and feet on the ground, knees flexed so that your feet are almost in line with your hips, but slightly behind. If we were going to the right, post on your left hand, swing your left leg through to the opposite side as you post on your left arm being certain to keep your shoulder packed.

Reach across your body with your right arm and drive your hips toward the ceiling. Your hips should be in a horizontal position to the floor as you drive them toward the ceiling and your shoulders should be vertical. Repeat this process on the other side for 3 to 5 repetitions in both directions.

FLAT BRIDGE

Lie flat on your back and place your arms out to the side at approximately 45-degree angle. Have your knees bent and as close together as possible with your feet flat on the floor. If need be, place a foam roller, small or large ball or another object between your knees to help you create tension. Perform 10 repetitions.

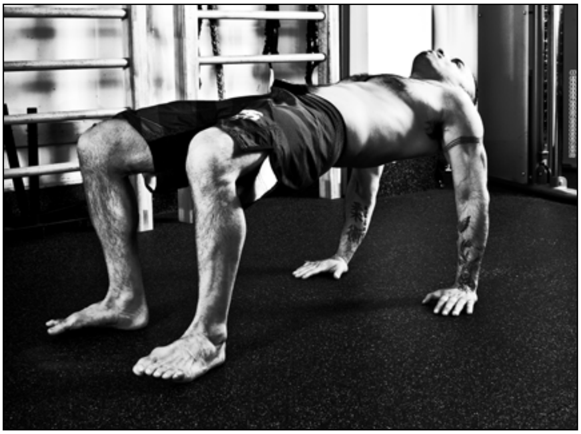


Time under tension is essential. 5 to 30 second holds at the peak of the movement are recommended. When you become more flexible, “walk” your shoulders toward your heels and grab your ankles with your hand to help elevate your bridge even more.

TABLE TOP BRIDGE

Lie flat on your back and bring your feet close to your buttocks. Keep your knees bent and sit up. Place your hands a little behind your hips with your fingers facing your toes. Maintaining a neutral spine, bring your hips up as high as you are able by contracting your buttocks and tightening your core.

Done properly, your body will form a table with your legs and arms at 90 degree angles. Hold for 2, 5 or 10 seconds and then drop your bottom to the ground, touch quickly and come back up. Repeat this movement for 5 to 10 repetitions. Keep your feet, from heel to toe, planted firmly on the floor.



STRAIGHT LEG BRIDGE

Sit on the floor with your legs straight out in front of you. Sit up tall and have your hands on the floor next to your hips with your fingers facing forward. Squeeze your legs together; they will want to come apart. So you'll need to contract your inner thighs and control the motion from your hips all the way down to your metatarsals. Maintain a neutral spine as you drive your hips toward the ceiling. Your head, shoulders, hips and legs should be in a straight line at the top of the movement. Perform 20 to 40 repetitions. Vary the duration of the hold time. This bridge will tax your triceps muscles quite a bit as well.

FULL BACK BRIDGE

Lie flat on your back and bend your knees so that your heels are as close to your buttocks as possible. Invert your hands so that your palms are on the ground with your fingers pointing toward you and on either side of your neck. Your elbows should be pointed directly at the ceiling. Feel free to make adjustments and creep your hands and feet closer together as you drive your hips upward. To maximize the effectiveness of this bridge, as well as the others, contract your posterior chain and squeeze your rhomboids together as your hips are raised. Perform 10 to 20 repetitions with 2 to 10 second holds.

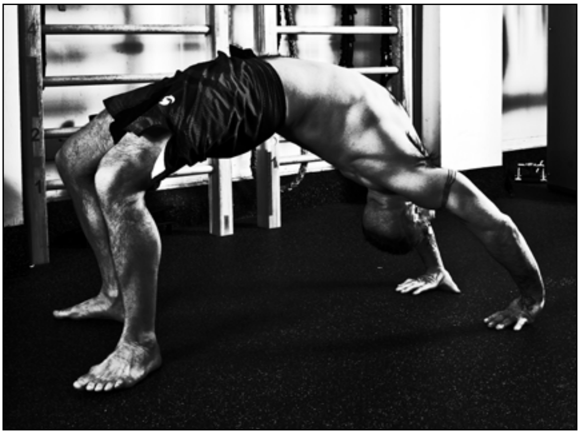
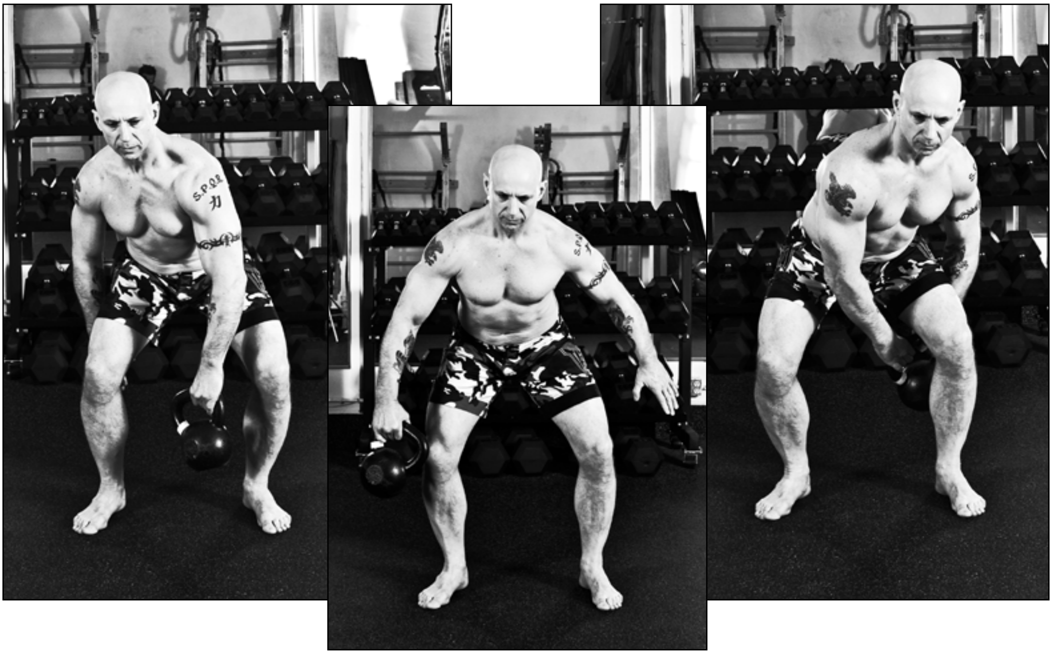


FIGURE 8S, LOW HALOS, MID HALOS & HIGH HALOS

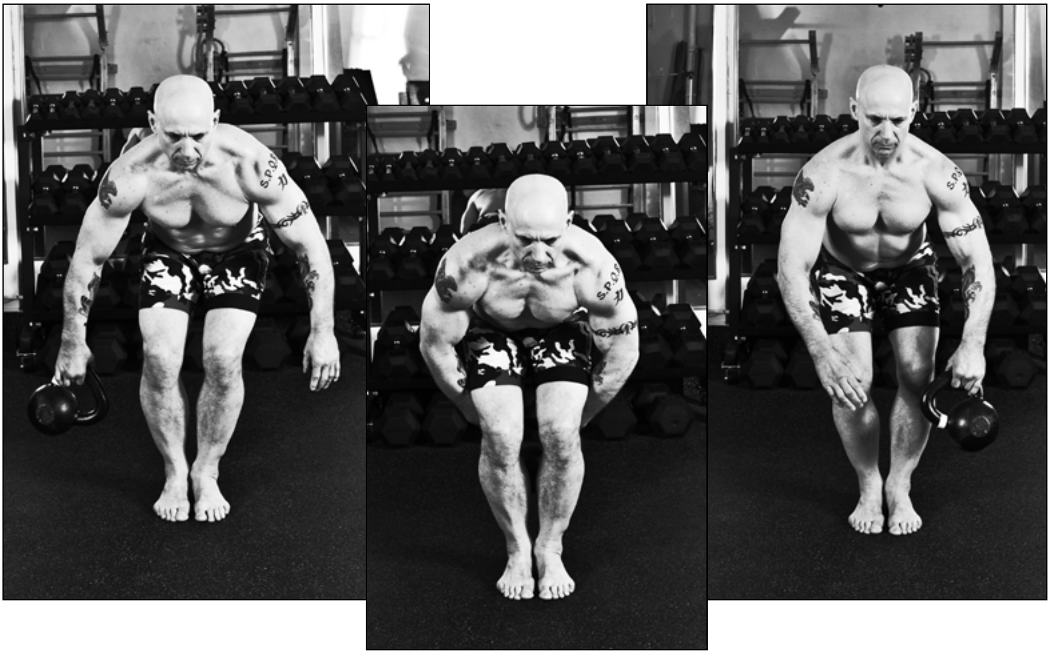
FIGURE 8S

Standing with your feet apart, slight bend to your knees, keep your back straight and pass the Kettlebell from hand to hand in a "Figure 8" motion while going between and around your legs. There will a slight up and down motion while you move. Accomplish this by flexing your legs, almost like a shock absorber. Do 10 repetitions in each direction. I always find it best to grasp the corner of the Kettlebell handle.



LOW HALOS

Stand with your legs close together. Knees slightly flexed approximately 20 degrees. Pass the Kettlebell from hand to around your flexed knees. Maintain a straight back. Do 10 repetitions in each direction.

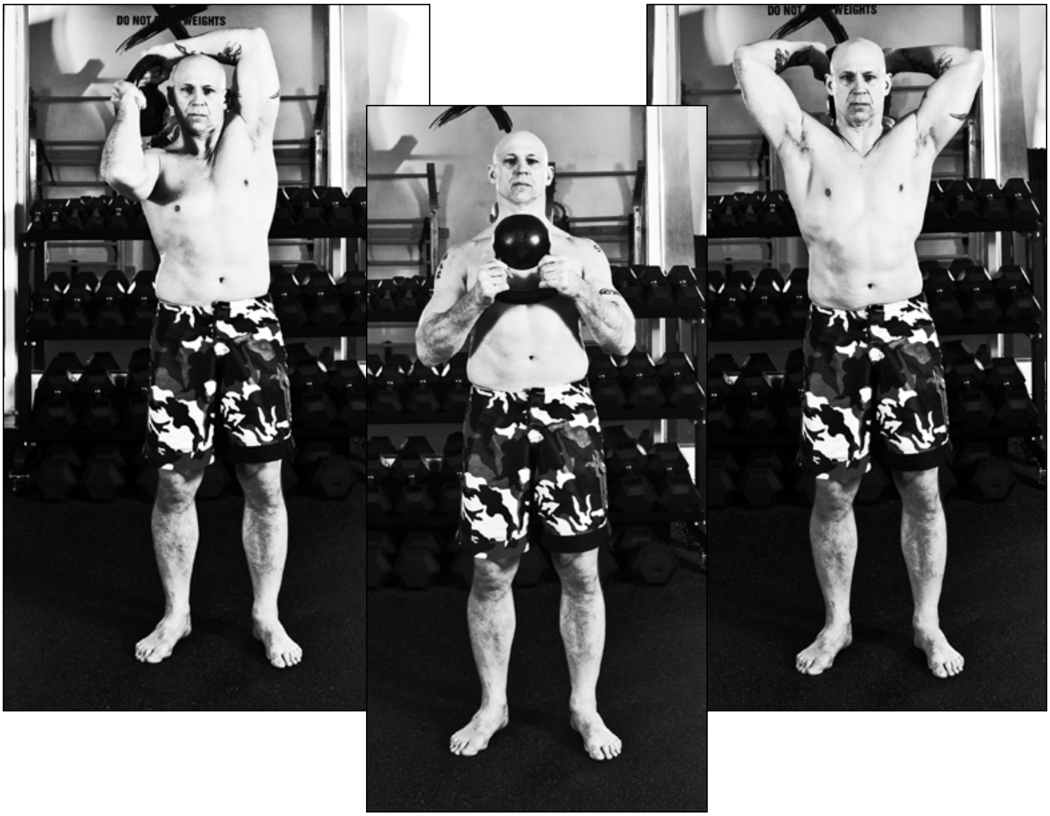


MID HALOS

Stand with your legs close together. Pass the Kettlebell from hand to around your waist. Maintain a straight back. Do 10 repetitions in each direction.

HIGH HALOS

Stand with your feet approximately shoulder-width apart and grasp the Kettlebell by the horns with the bottom of the bell facing upwards. Rotate the Kettlebell around your head with the bottom of the bell pausing at your chin. Try to keep the bell as close to your head as possible. Maintain a straight back. Do 10 repetitions in each direction.



There are 12 Fighting-Based Routines depicted. The first five are geared toward general strength, conditioning, mobility and flexibility for fighters out of fight camp. These routines are designed to lay the foundation and prepare the fighter's body for the rigors of a contest. Our primary focus is on the strength and flexibility development. The secondary aspect addressed is the endurance component. These workouts should be performed three times per week. No other strength training is required. Roadwork and sprints are strongly recommended.

Even though the recommended training routines are built around preparing an MMA Fighter for competition, they may easily be translated to pre-season and in-season training for combat athletes. For example, if a wrestler were using these workouts as a guideline for their strength and conditioning, they would do the pre-fight camp routines as their pre-season workouts. During the season, use the Fight Camp routines. Even the last two weeks of training may be used for an in-season wrestler.

As an in-season wrestler, I used to hit the heavy bag as part of my training regimen. There are many other workouts that I've designed that apply to combat athletes, but contained herein are some of my favorites. For more routines, access ***The Kettlebell Workout Library***. This video training system has 104 workouts and a 144-page full color manual and is available on DVD or online.

Embrace the kettlebell and bodyweight techniques and reap the benefits. Treat our strength and conditioning system as an art, for it is. Once attention is paid to the execution of the techniques, you will master them and harness the power of the method. We're not "on a treadmill watching Oprah", we are fully engaged and mentally focused on our task at hand. Detachment has no place in our training method. As with fighting, we are concentrating for the duration of the session; yet another reason that this method is superior for fighters.

"PRE CAMP" RE-ESTABLISHES BASE FITNESS AND STRENGTH LEVELS

The general public might think that a fighter uses "fight camp" to get into shape. Thirty years ago that might have been the case in the traditional boxer fight camp. Nowadays fighters preparing for a fight, be it UFC-style, a boxing match, a BJJ tournament or whatever, are expected to show up to fight camp *in shape*! That way, the first four weeks of camp are not wasted getting an out-of-shape fighter into shape. Ideally, the elite competitor shows up to fight camp in-shape and healthy so that the entire fight camp can be devoted to important technical, tactical and "finishing school" techniques. So how does the serious, seasoned fighter show up to fight camp in shape?

Here are six workouts I have designed over the years specifically to gradually bring the fighter into ever-greater degrees of condition. We want to work hard enough to shape the fighter up, but we don't want to work the athlete so hard that they show up to camp beat up, worn out and injured.

These workouts are ideal if the fighter is coming off of a fight, getting back into shape, or looking to enter his first (or 100th) fight camp. Start off on day one of week one using light kettlebells powered with precise, pristine and powerful techniques. Each successive workout, each successive week we amp up the intensity ever-so-slightly; we make haste slowly but we make haste nonetheless...

HOW TO USE THESE WORKOUTS: Each workout is completely vetted as a result of years of experimentation, mixing and matching different exercises—we tried every possible combination, pacing, order and length. These workouts are assembled the way they are for a reason: don't tamper with them!

FREQUENCY: much depends on your individual "condition" entering this "pre-camp" tune-up. How in-shape or out-of-shape you are determines how frequently you will train. Regardless of your degree of fitness or unfitness, jump in light and easy; too heavy makes it too hard.

PURE POWER ROUTINE #1

This workout features more grinding power and grip strength development, for sustained grinding and controlling an opponent. We use the presses, rows, deadlifts and single-rack squats. Explosive power is developed with the plyometric squats, jump shrugs and bottoms-up cleans. Bottoms-up cleans also taxes the grip quite a bit.

While you are performing your squats, make sure that you have the proper rack position by keeping your elbows in. This will strengthen your lats and core. I also like the unilateral work in this workout. Training one side, especially when it's heavy, forces you to recruit your stabilizers and mimics real sport and combat.

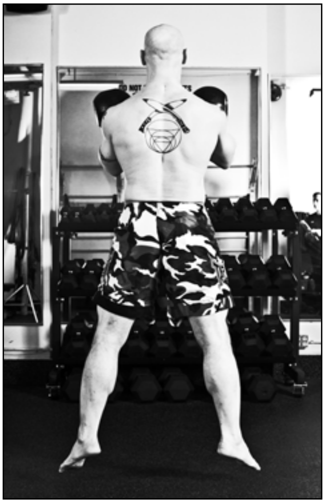
When you are doing your plyometric squats, there is no rest during the set. Hit the bottom of the squat and immediately EXPLODE skyward. The less time that your feet are on the ground, the better the exercise is served. This holds true for the jump shrugs as well.

Plyometric Squats	3 sets, 10 reps
Double Kettlebell, Alternating Static Press	5 sets, 5 reps each arm
Double Kettlebell, Static Bent-Over Row	3 sets, 10 reps each arm
Single Rack Squats	3 sets, 10 reps each side
Bottoms-Up Floor Press	4 sets, 5 reps each side
Dual Kettlebell Deadlifts	5 sets, 5 reps
Sumo Squats	3 sets, 20 reps
Bottoms-Up Cleans	3 sets, 5 reps, 3-second pauses
Double Kettlebell Jump Shrugs	5 sets, 20 reps

INSTRUCTIONS: This routine is done “straight set” style, i.e. perform all three sets of plyometric squats before proceeding to the alternating static press.

FREQUENCY: Two to three times weekly with one to three days rest between sessions.

DURATION: Allow 30-60 seconds rest between sets; this routine takes 45 minutes.



STRENGTH & POWER ROUTINE #2

Again our focus is on sustained grinding strength and explosive power. This time we've added some strength-building bodyweight exercises to the mix to further strengthen our tendons and ligaments for the rigors of combat and provide balance development.

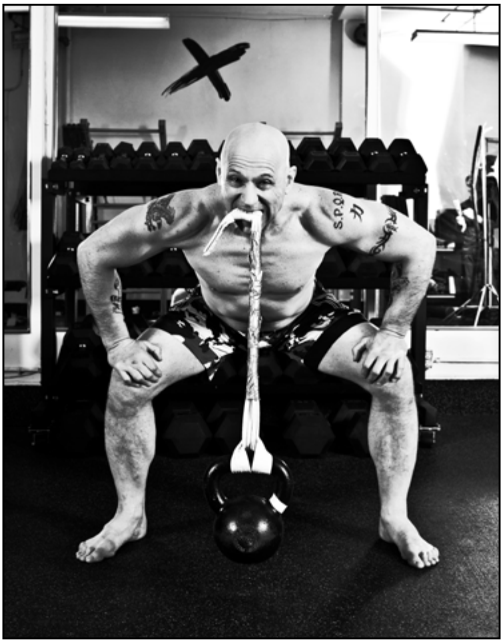
On our pull-ups, there is no "kipping" permitted. Do you punch half-way? If not, then why would you want to perform your reps half-way? While practicing your dips, keep your feet dorsiflexed and forward, as well as your chin down. This will reduce the stress on your shoulder joints. Keep your stomach taut, and work the inner and lower portions of your pectorals.

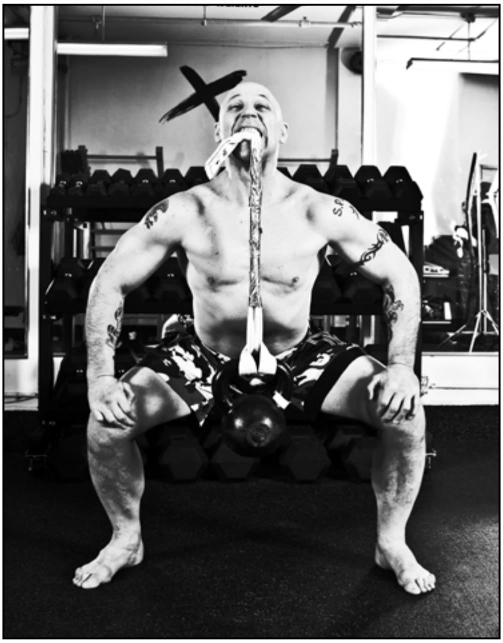
Bridging with a medicine ball on your hips will add a bit more resistance to the movement. We'll push down on the ball as you bring your hips up to add more pressure. If you touch the top of your foot to the ground on the air lunge, then perform the regression with your foot up on a step or plate instead.

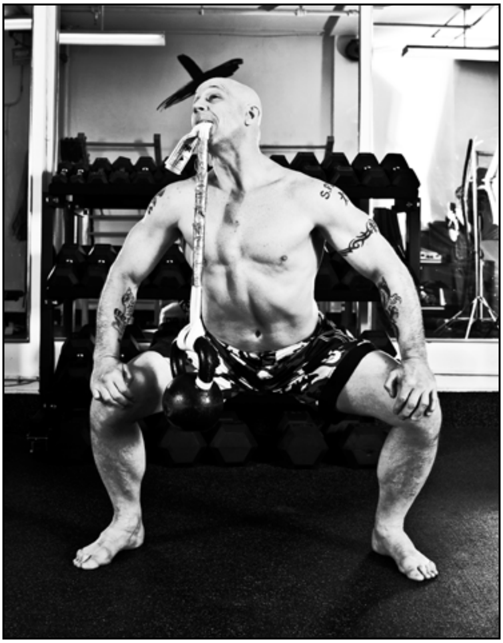
The dead-start swings, push press and ground-up snatches provide INCREDIBLE explosive power. These are some of my all-time favorite explosive power exercises. Be sure to pause with the kettlebell on the ground between each of the reps for the swings and snatches. The resting position for the push press is at the top. Bring the kettlebell down and quickly EXPLODE upward.

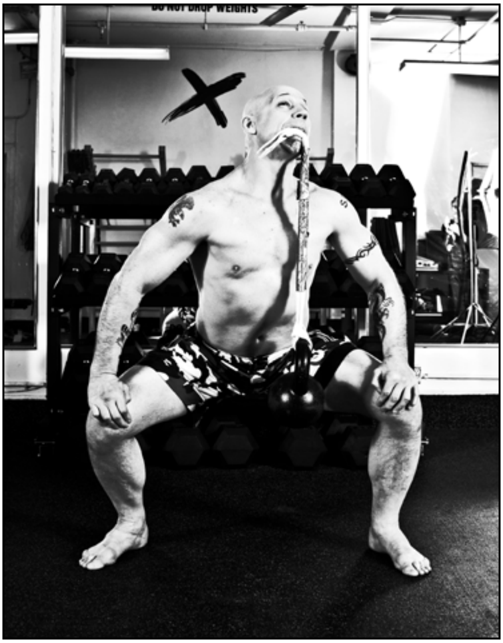
Grinding power and grip development come in with our Dual Kettlebell Rows and Dual Bell Single Hand Deadlifts. Not to say that we don't tax our grip on the other movements. These movements also address the strength development of the rhomboids.

Your neck...people are going to want to break it, choke it, grab it and attempt to do any other amount on unimaginable things to it. Make it as strong as possible. I like do the “bite belt” exercise, because it also develops your jaw strength. Chomping down on a karate belt with 35 pounds swinging from it also makes you less susceptible to knock out.









Warm up by jumping rope for three minutes, start off slowly and gradually pick up the pace and finish fast. After jumping rope, perform the “ground-up” stretches and “Egyptians.” Now let’s go to work...we perform three sets of each exercise, again in “straight set” style—finish all the sets of one exercise before moving on the next exercise. Finish the three sets of bodyweight exercises and then move onto your kettlebells.

BODYWEIGHT
3 SETS OF EACH

Tactical Pull-ups	5 to 10 reps
or	
Plank Pull-ups	20 reps
Dips (weighted or bodyweight only)	15 to 20 reps
Flat Bridge with Medicine Ball	20 reps with 3-second pause
Air Lunges	5 reps each leg

KETTLEBELL

Dead-Start Swings	10 sets, 10 reps
Single Kettlebell Push Press	8 sets, 5 reps each side
Single Kettlebell Rows	3 sets, 10 reps each side
Two Kettlebell One Hand Deadlift	3 sets, 10 reps each side
Bite Belt Neck Training	3 sets, 15 to 20 reps
alternate with	
Hanging Abdominals	3 sets, 10 to 20 reps

INSTRUCTIONS: Another “straight set” style routine. Perform all of the sets of a particular move before going to the next exercise. This will also make it easier for you to increase the weight of your kettlebell during the set grouping.

FREQUENCY: Two to three times weekly with one to three days rest between sessions.

DURATION: Allow 30-60 seconds rest between sets; this routine takes 50 minutes.

"POWERDURE" FOR INTERMEDIATE TRAINEES #3

As a fighter, you not only need power, but also incredible endurance. To meet these needs, a great deal of training revolves around the "PowerDure" workouts which are comprised of both power and endurance. One of the methods to enhance the results lies in the density and intensity of the workout. Challenge yourself with the weight and only allow 30 seconds of rest between your sets. This will tax the muscular and cardiovascular systems as well as train the body to process lactic acid at a more efficient rate.

The ladder circuits increase the number of repetitions as you get deeper in the set. This helps condition the body to process lactic acid more efficiently. This method also prepares the body to deal with the adrenaline dump that occurs in a confrontation or other high stress situation.

We address the thoracic mobility essential for fighters with the scapular push-ups, bridge get-ups and bo staff. The stabilizers of your trunk, abdominals and hips are developed with the contralateral movement supplied with the side planks, single-leg deadlifts and renegade rows. Coordination and grip are built with the swing squats. This is a superior foundation routine.

Warm up by jumping rope for three minutes; increase the speed as you approach the three-minute mark. We now segue into a more advanced warm up: deck squats, side planks and scapular, or straight-arm push-ups. Perform 10 reps of the squats and side planks; 20 reps for the push-ups. Perform these three exercises for two cycles with 60 seconds rest between cycles.

Next we perform ten minutes of stretching with the bo staff and some freehand stretching. Now we are ready to work...

COMBINATION CIRCUIT #1

Swing Squats	20 reps
Single-Leg Deadlifts (soft knee)	10 reps on each side

Perform two cycles

LADDERS

Ladder 1: Renegade Rows & Push-ups	3 sets of 1, 2, 3, 4, 5 reps
Ladder 2: Snatches	2 sets of 1, 2, 3, 4, 5, 6, 7, 8 reps, each side
Ladder 3: Single Rack Front Squats	3 sets of 1, 2, 3, 4, 5 reps each side
Ladder 4: Flat (Floor) Press	3 sets of 1, 2, 3, 4, 5 reps

Bridge get-up, three sets of 5 reps on each side

INSTRUCTIONS: During the performance of each ladder, keep your hand (or hands) on the kettlebell(s) for the full duration of the set. It's difficult, but very doable. Rest for approximately two minutes before moving to the next ladder.

FREQUENCY: Do this routine once a week or once every other week. It's very taxing. Do not do this workout on a heavy sparring day.

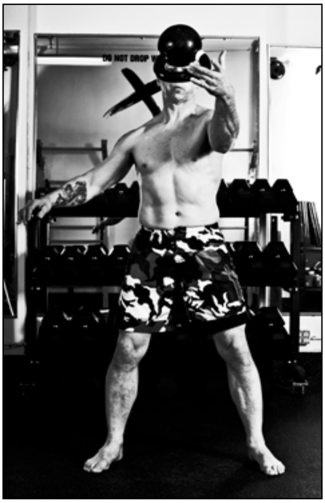
DURATION: This routine, with the warm-up, should take 55 minutes.

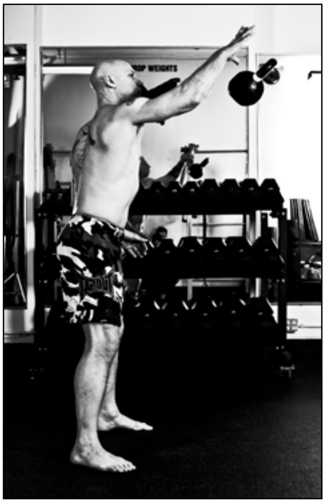
TRIPLE SETS OR GIANT SETS FOR ADVANCED TRAINEES #4

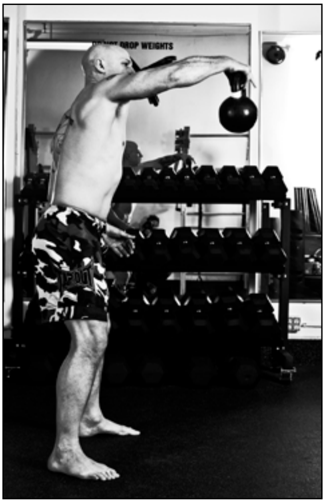
The workout would also fall into the "PowerDure" classification. The ability to implement explosive power on multiple occasions for a prolonged period of time is critical. This is a prerequisite for a fight. There are several advanced movements in this workout, so complete concentration is required to perform the exercises properly and safely.

There is a 30 to 60 rest period allotted between the sets. If you are closer to your fight or if you are focusing more on endurance, use a lighter weight kettlebell and less rest. If you want to concentrate on more power, use heavier kettlebells and longer rest periods.

When performing the one-arm swing with either the same hand or alternating flip, all of the aspects of the one-arm swing are consistent except that you release the handle of the kettlebell so that it completes a full rotation, starting by kicking the handle of the kettlebell forward and toward the ground. Then catch the kettlebell as it completes the rotation. Tremendous concentration and hand quickness is both required and developed through this movement.







On the horizontal toss, your fingers are not involved. Grasp the kettlebell (handle up) at the sides, toss it forward and then catch the kettlebell and bring it back to your chest.

Alternating snatches and alternating cleans require timing and rotational power, both essential to power punching. The timing of your knee bend and lock with the movement of the kettlebell is critical.

On the renegade rows, make certain that your hips and shoulders maintain the same plane. Pushing the kettlebell into the floor as you apply pressure with the adjacent foot will help to stabilize the hips. On the crossing version, you lift the foot on the same side as the hand that has the kettlebell on the floor, switching which side that has the pressure on the floor. For the kettlebell push-ups, place the kettlebells on the floor so that the handles are slightly angled inward. Pull yourself down so that your chest is at least level with the kettlebell handles. These exercises recruit your core, stabilizers and strengthen the wrists.

On the 1/4-turn hop squats, a full range of motion is used to maximize the effectiveness of the movements. Explode upward with your feet leaving the ground. There is no rest during the sets; you will be moving the whole time from one squat to the next until your set is complete.

Renegade lunges require you to pull yourself deep in to the side lunge as you pivot the toes of the bent knee inward. The other leg should be as straight as possible.

Maintain a tight grip and keep your eyes on the kettlebell throughout the full movement of the towel halo. Generate the force from your hips, obliques, serratus, and shoulders.

Finish up with a chain and abdominals to end the session.

The following two workouts contain a complex. The term is applied to selecting a group of exercises, performing the allotted amount of repetitions for each exercise, then immediately moving to the next movement. Rest only when the set of three (in this instance) exercises is completed. You should use this time to stay loose, hydrate, and chalk-up.

Warm up: Jump rope for 3 to 5 minutes.

Below are several suggested stretches. There are many other flexibility increasing regimens that may be employed. I suggest mixing and matching exercises from the various available movements. Variety is important to keep your training fresh and your body continually adapting and responding to the different movements.

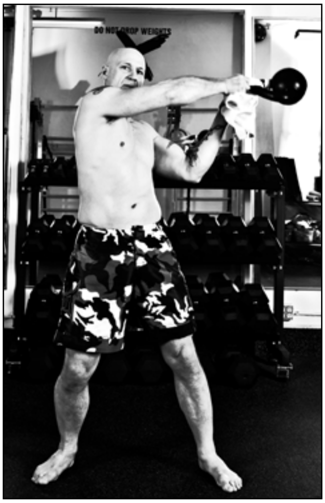
1 Set of Low, Middle, High Halos, & Figure 8s

Complex Combination #1: 3 sets, 5, 5 & 10 reps
Same Hand Flips, Alternating Hand Flips, Horizontal Tosses
30 sec. Break

Combination #2: 3 sets, 10 reps
Alternating Snatches, Alternating Cleans, Alternating Presses
30 sec. Break

Combination #3: 3 sets, 5, 5 & 20 reps
Cross Renegade Rows, Renegade Rows, Kettlebell Push-ups
30 sec. Break

Combination #4: 3 sets, 9, 5 & 10 reps
1/4 Turn Hop-Squats, Renegade Side Lunges, Towel Halos
30 sec. Break



Burnout:
Clean, Squat, Single Arm Press: 1 minute each side, 3 sets
Neck Exercises & Gelebart Abs

INSTRUCTIONS: 30 to 60 second rest between the rounds of triple set complexes.

FREQUENCY: Do this routine once a week or once every other week. It's very taxing. Do not do this workout on a heavy sparring day.

DURATION: This routine, with the warm-up, should take 55 minutes.

3 X 3 (4) X 4 COMPLEX #5

Another "PowerDure" workout, this one features both complexes and chains. It's now time to start focusing a little more on muscular endurance with this routine, while still building muscle. I cannot stress enough the importance of clean technique, especially as we become tired while moving at a quick pace.

This workout is to be done in succession. Do one rotation of all four groups of exercises and then repeat three or four times.

Deck Squats & Straight Arm Push-ups: 20 reps, 2 sets

1) Complex: Two-Hand Swings: 20 reps
One-Hand Swings: 10 reps each hand
Hand to Hand Swings: 10 reps each hand

2) Chain: Cleans: 5 reps each side
High Pulls: 5 reps each side
Snatch: 5 reps each side
(Change hands & repeat)

3) Complex: Single Rack Lunges: 5 reps
Single Rack Squats: 10 reps
Single Rack Renegade Lunges: 5 reps
(Change hands & repeat)

4) Complex: In-Tight Push-ups, Single Kettlebell: 10 reps
Single Arm Push Press: 8 reps each side
Single Arm Row: 10 reps each side
Do all of the presses and all of the rows on one side.

INSTRUCTIONS: Do all of the exercises in group one, rest 60 seconds and then proceed to the next group. Once you have finished all four groups, repeat. If you are going heavy, do three rounds. If you are going lighter, do four complete rounds.

FREQUENCY: Mix this routine into your regimen once every other week.

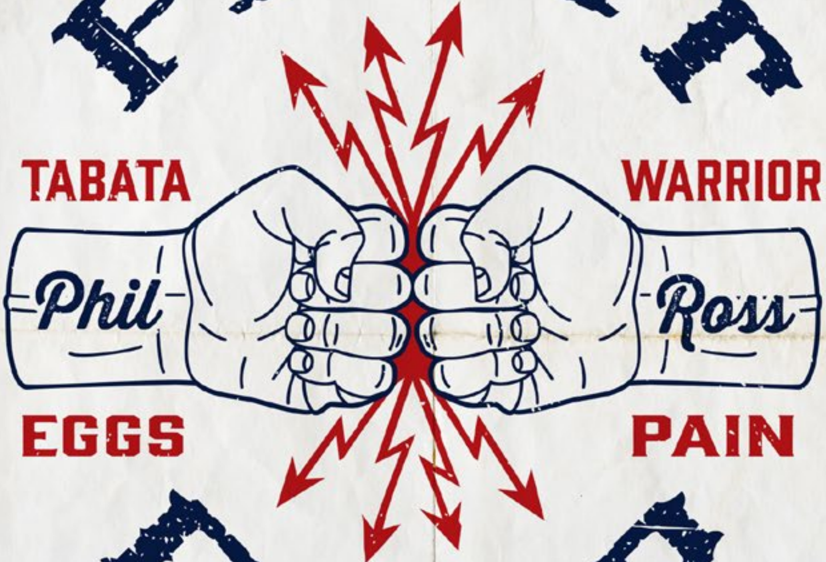
DURATION: This routine, including the warm-up, should take 55 minutes.

8 TO 10 WEEK

FIGHT CAMP

TABATA

WARRIOR



EGGS

PAIN

FIRST 3–5 WEEKS: 3 WORKOUTS
NEXT 3 WEEKS: 2 WORKOUTS
FINAL 2 WEEKS: 2 WORKOUTS

MANUFACTURED IN U.S.A.

These training routines are based on an 8- to 10-week fight camp. If you have less time, make the necessary adjustments in accordance with the time you have allotted to prepare.

THE FIRST 3 TO 5 WEEKS OF FIGHT CAMP

A classic fight camp lasts eight to ten weeks. When I prepare a fighter using my system, for the first three to five weeks, they will train three times a week using the described workouts. If fight camp is a predetermined ten weeks long, then we will work out three times a week for five weeks; if the fighter selects an eight-week long camp, we train thrice weekly for three weeks. Regardless, the last five weeks always have the same template: we cut the workout frequency back to twice a week. If you have less then eight weeks to prepare, make the necessary adjustments in accordance with the time allotted to prepare.

FIGHT CAMP PHASE 1

WARRIOR CIRCUIT: 4 X 9 WORKOUT #1

Pistols	3 sets	5 reps each side
Tactical Pull-ups	3 sets	8 to 12 reps
One-Arm Push-ups	3 sets	2 to 5 reps

The dynamics of a fight are constantly changing. Think of the Warrior Circuit as the Tabata protocol on steroids. Go full tilt for 30 seconds and get your numbers. Attempt to hit (or surpass) the number of repetitions required. Challenge yourself! Working through fatigue is largely mental and 4x9s are when, where and how we teach the mind to control the body.

Swing Squats	
Hand-to-Hand Swings	
Single Rack Front Squats	Right, Left, Right, Left
Snatch	Left, Right, Left, Right
Dual Kettlebell Rows (feet close)	
Renegade Lunges	
Dips	
Plate Press, Rows, Halos	

4-Way Neck (10 seconds each direction. Use a full range of motion applying counter pressure with either one hand on the side of the head or both in the front and back).

30 seconds of work, 15 seconds of rest: Four sets of nine exercises.

Cool down with forearm de-loading and foam rolling concentrated in the thoracic area.

INSTRUCTIONS: Do the bodyweight circuit for three rotations, take a one-minute break and get set for the Warrior Circuit. There is no rest during the circuit except for the 15 second break between movements. Finish the routine with a good cool down.

FREQUENCY: Mix this routine into your regimen once every other week.

DURATION: This routine, including the warm-up, should take 48-50 minutes, the non-stop circuit is 36 minutes.

TABATA: ADVANCED #2

We will combine solid muscular endurance training with an endurance blowout in this routine. After we've done our warm-ups and our strength portion of the session, it's time to go full tilt for 20 minutes with a heart-pumping, muscle-bursting, sweat-producing Tabata. Push the envelope here and hit your numbers. Make certain that you maintain proper form, so choose your kettlebell size(s) wisely.

WARM-UP:
Jump Rope: 3 minutes
Bo Staff Tension:
Above Head: 5 reps, 5 seconds each rep
Behind Back: 5 reps, 5 seconds each rep
Overhead Squat: 5 reps with full tension

CIRCUIT:

Walking Lunges & Bottoms-Up Kettlebell Push-ups: 5 laps (20 steps each leg) and 5 sets of 10 reps of the Push-ups

Bridge Get-ups: 3 reps each side, 2 sets

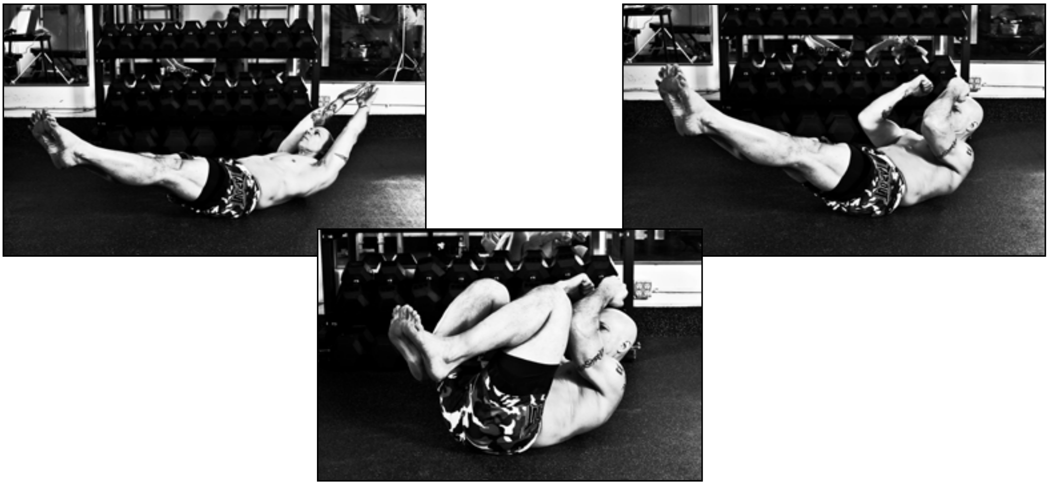
COMPLEX CIRCUIT: 3 SETS

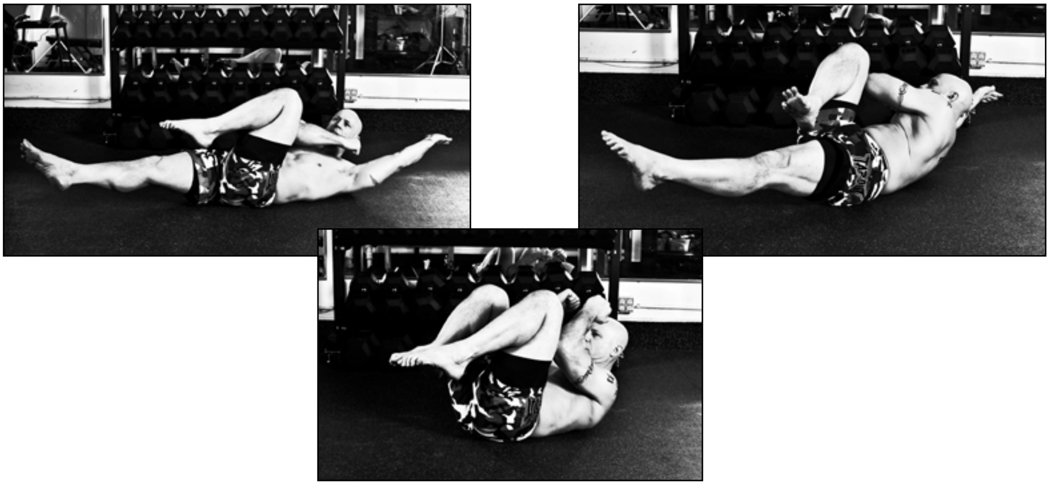
Alternating Renegade Rows: 5 each side
Dive Bombers: 5 reps
Double Kettlebell Push-ups: 20 reps

TABATA: 20 seconds on, 10 seconds off, 8 rounds per exercise (20 minutes total)
2-Hand Swings
Right Hand Snatch
Left Hand Snatch
Bottoms-Up Squats
Kettlebell Thrusters

FINISH WITH 3 SETS OF THIS CIRCUIT:

Bite Belt: 10 reps to the front, and both sides
6 Position Concave Abs, 10 second hold in each variation:
1) Knees and elbows together
2) Legs straight
3) Legs and arms out straight
4) Right arm to left knee, other limbs extended
5) Left arm to right knee, other limbs extended
6) Knees and elbows together





INSTRUCTIONS: This routine has many varied components. The first section uses dynamic tension, once it is done, move on to the next circuit and then perform the two sets of the get-ups. We'll get some good power work in with the complex circuit and then it's on to the Tabata! Give yourself one or two minutes to recover and finish the three circuits.

FREQUENCY: Mix this routine into your regimen once every other week.

DURATION: This routine, including the warm-up, should take 55 to 60 minutes.

SCRAMBLED EGGS INTERMEDIATE #3

Our Scrambled Eggs circuit requires anywhere from 6 to 8 minutes to complete prior to the 1 minute of rest between sets. A high school wrestling match is 6 minutes, an MMA round is 5 minutes, and these circuits enable you to prepare yourself for constant movement for those time periods. You may find yourself in a grinding contest; conditioning and the will to win is what determines victory. This type of training prepares the body to deal with lactic acid produced during combat.

CIRCUIT: 2 sets
2 Hand Swings: 50 reps
Armbars: 10 each side
Side Press: 10 each side
Dual Kettlebell Rows (feet close): 10 reps

SCRAMBLED EGGS: 1 Kettlebell, 2 rotations

2 Hand Swings: 20 reps
Hand to Hand Swings: 10 reps each side
Snatches: 10 each side
High Pulls: 10 each side
Swing Squats: 10 reps
Waiter Press: 5 each side
Single-Leg Deadlift: 5 reps each side
Bottoms-Up Press: 5 reps each side

One Minute of Rest

ADDITIONAL MOVEMENTS:
Double Kettlebell Swings: 10 reps, 3 sets
Ladder Snatches: 8 increments
Bite Belt neck exercises

INSTRUCTIONS: Do the circuit for two rotations and then proceed on to the Scrambled Eggs circuit for two rounds. Once you have completed the circuit, hit the additional movements. For the ladder snatches, start at one rep each side and go all the way up to 8 reps on each arm without rest. Finish the routine with your neck work.

FREQUENCY: Mix this routine into your regimen once a week.

DURATION: This routine, including the warm-up, should take 55 minutes.

These training routines are based on an 8- to 10-week fight camp. If you have less time, make the necessary adjustments in accordance with the time you have allotted to prepare.

THE NEXT 3 WEEKS OF FIGHT CAMP

SCRAMBLED EGGS ADVANCED #1

Another routine from our Scrambled Eggs library, except more challenging movements are employed with both kettlebells and bodyweight.

BODYWEIGHT CIRCUIT:
Dips: 20 reps
1/2 Squats: 30 reps
Air Lunges: 5 reps each side
Dual Kettlebell Push-ups: 20 reps
Deep Squats: 20 reps
Pull-ups: 8 reps
Leap-ups: 20 reps

KETTLEBELL CIRCUIT:
Armbars, Lying Side Press, Kettlebell Pull-over
2 sets, 10 reps each side (where applicable)

SCRAMBLED EGGS CIRCUIT: 2 or 3 Rotations
Hand to Hand Swings: 10 reps
Snatches: 10 reps each side
Bottoms-Up Single Kettlebell Push-ups: 10 reps
Two-Hand Swings: (20 reps) or Single Hand Swing Flips: (10 reps)
Goblet Squat & Curl: 10 reps
Lunatic Lunge: 5 reps each side
Dual Alternating Kettlebell Rows: 8 reps each side
Get-ups: 3 reps each side
Around the Worlds: 5 reps each direction

COOL DOWN:
10 reps of Cat and Cow
Brettzles, 20 seconds each side.

INSTRUCTIONS: Do the bodyweight circuit for one rotation and then do two circuits of the armbar, lying side press and kettlebell pull-overs. Perform the Scrambled Eggs circuit for two or three rounds, depending upon your fatigue level. Finish the routine with a good cool down.

FREQUENCY: Mix this routine into your regimen once every other week.

DURATION: This routine, including the warm-up, should take 48-55 minutes.

5 ROUNDS OF PAIN #2

It's now time to "See the Devil" in our session. Generally, we do not advocate going to complete failure during your training for very good reasons, but there are times you need to push yourself to go beyond what you could do before. I call this "Seeing the Devil". What's going to happen when you "See the Devil?" Will you falter and collapse, or will you look him in the eye and spit in his face? You can't do these workouts too often or in succession, but you'll need to test yourself and prepare yourself for the inevitable devil you will face in combat.

Begin with 3 minutes on the jump rope.

MOBILITY DRILLS:
Zombie Rolls, Cross Lunge, Thoracic Bridge.

FIVE ROUNDS OF PAIN CIRCUIT:
45 second rounds, non-stop for 37 1/2 minutes. I list the recommended repetitions next to the exercise when applicable. Repeat the series 5 times.

1) Jump Rope (60 to 90 skips)
2) Get-ups (1 each side)
3) Push-ups (25-40 reps)
4) Hand to Hand Swings (20-26 or 10-13 each side)
5) Bodyweight Squats (25-40 reps)
6) Jump Rope (60 to 90 skips)
7) Dual Kettlebell Rows (15-20 reps)
8) Flat Press (20-25 reps)
9) Hanging Abdominals or Wheel of Death
10) Alternating Double Kettlebell Lunges

INSTRUCTIONS: Jump rope and perform your warm-ups with fervor, preparing your mind to put your body through a hard core, nonstop 37 1/2 minutes of pure hell. The challenge is to hit your rep numbers and keep your technique consistent.

FREQUENCY: Mix this routine into your regimen once every 10 days.

DURATION: This routine, including the warm-up, should take 48-50 minutes.

THE LAST 2 WEEKS OF FIGHT CAMP

MMA TRAINING: CONDITIONING CIRCUITS

These routines are used during the last few weeks of your fight camp, or if you're not a fighter to break up your fitness routine and hone your fighting skills. You've put in your time, you feel good and you're ready to FIGHT! You are antsy about the upcoming contest and you want to stay sharp, but not burn out. During this period, we heal up and prepare ourselves for the task ahead. We want to be loose, quick, flexible and ready to unleash hellish power on our adversary. Don't leave anything on the gym floor, save it for the cage, mat or ring. During this time, we make last minute tweaks and slight adjustments if necessary. But on the whole, you're ready to roll!

HOW OFTEN SHOULD WE DO THESE ROUTINES?

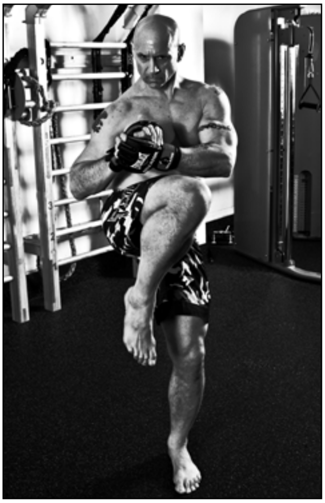
Alternate these routines every other strength and conditioning workout. You should be doing these workouts 3 to 4 times during your week. This also depends on how much you are sparring, doing your roadwork, and your drilling sessions as well as your individual striking, grappling and training. Make sure that your energy level is high and that you warm-up completely prior to every one of your workouts.

CIRCUIT # 1: 30 MINUTES

Warm-up:
Jump Rope for 6 minutes
Bo Staff: 6 Back Stretches & Shoulders
Freehand Stretches

Set the timer for two ten minute rounds of 30 Second Intervals. Move from one station to another, with no rest except for the 30 second break between rounds. Do 30 seconds of each exercise:

Heavy Bag (Punching and Kicking)
Shadow Kick Boxing (with Sprawls)
Skip Rope
Push-ups
Abs



There will be 4 rounds of each exercise for each 10-minute round.

CIRCUIT # 2: 30 MINUTES

Warm-up:
Jump Rope for 6 minutes
Bo Staff: 6 Back Stretches & Shoulders
Freehand Stretches

Set timer for two ten-minute rounds of 30 second intervals. Move from one station to another, with no rest except for the 30 second break between rounds. Do 30 seconds of each exercise:

Heavy Bag
Shadow Kick Boxing (with Sprawls)
Skipping Rope
Push-ups
Abdominals
Two-Hand Swings
Bottoms-Up Squats
Snatches (one side per round)
Double Kettlebell Rows
Jump Shrugs

There will be 2 rounds of each exercise for each 10 minute round.

1 Round may be added for additional work.

FINAL SHOT

To be a successful fighter requires a great deal of training and attributes—natural or enhanced—and a great deal of work. There are also circumstances that will dictate the feasibility of success, mediocrity or failure. The overarching factor is: what are you willing to sacrifice to become great?

How much work are you willing to put into your craft to increase your chances of being successful? Are you willing to listen to others? Are you able to recognize the proper advice? Are you willing to move outside of your comfort zone to improve your game? It's not simply working out and sparring. There are a great number of components, both physical and mental that go into forging the *Iron Will of a Champion*!

Good luck with your training and I wish you the best in your martial arts career!

Coach Phil Ross

Strength and Honor!

Fighters fight: Phil with one of his BJJ Coaches, Jay Hayes, after winning the NAGA 2010 Battle at the Beach Submission Fighting Tournament. Five Fights, Five Wins, no points scored against.

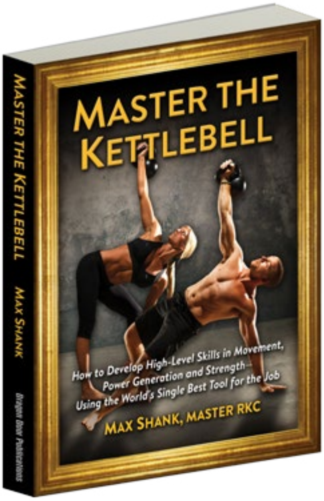
“The Kettlebell-Lover’s One-Stop-Shop for Quick, Safe Gains and Fundamental Athletic Excellence…”

The kettlebell, this almost magical “gym-in-the-palm-of-your-hand”, can deliver spectacular results—be it in strength, conditioning, power or movement quality. Warrior-athletes revere the kettlebell for the added resilience and hitting-power it gives them. Endurance athletes value the extreme conditioning challenge. Kyphotic desk-jockeys see salvation in the end to their back-pain and a renewed vitality. Both genders appreciate the dramatic toning and firming of butt, thighs and abs. Physical culturists embrace the total-body impact of the kettlebell’s explosive moves.

The health-strength benefits of vigorous, dedicated, skilled exercise with kettlebells can indeed be off-the-charts. But note the all-important word “skill”. Because without the proper know-how, the kettlebell reverts to just an iron ball with a handle—or to a misused, misunderstood tool that heaps abuse and perhaps injury on its unskilled user. Which is the reason for **Master RKC, Max Shank’s *Master the Kettlebell*…**

Max Shank champions an approach to kettlebell training that emphasizes safe, sustainable gains for a long, strong and above-all healthy life. ***Master the Kettlebell*** accordingly presents straightforward, practical programs that allow a beginner to make steady yet dramatic progress—while providing strategies and methods for even the most accomplished athlete to up their game.

You will see immediately from the photographs illustrating the book, that Max is indeed a magnificent athletic specimen—combining a great physique with impressive strength and terrific form. Study Max—either in this book or in person—and if you replicate what you see, athletic gold awaits you. As importantly, you’ll be rewarded in ***Master the Kettlebell*** with an absolutely fluff-free blueprint on how to develop your own high-level skills in movement, power generation and strength—using the world’s single best tool for the job.

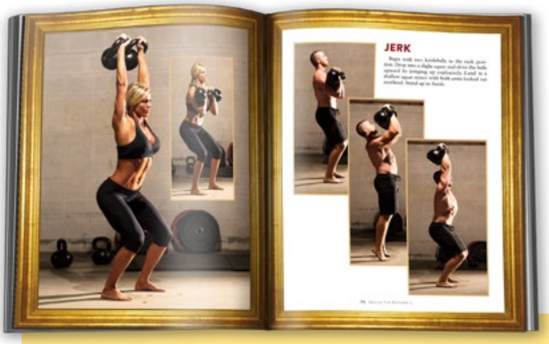

MASTER THE KETTLEBELL
How to Develop High-Level Skills in Movement, Power Generation and Strength—Using the World’s Single Best Tool for the Job
MAX SHANK, MASTER RKC
MASTER THE KETTLEBELL
MAX SHANK
Dragon Door Publications

Master The Kettlebell

How to Develop High-Level Skills in Movement Power Generation and Strength—Using the World’s Single Best Tool for the Job

By Max Shank, Master RKC

Book #B78 $29.95
eBook #EB78 $19.95
Paperback 8.5 x 11 • 178 pages, 216 photos



Wish I had had this book as a beginner!

“Simply put, I wish this was the book I had had when first starting out with kettlebells. So many useful photos, and seeing both Max and Beth demonstrate the exercises makes them so much easier to understand--for men and women. This book is a must-have for current or aspiring RKC or HKC instructors, or anyone who needs real, practical, and POWERFUL advice for kettlebell use.

The exercise descriptions, mobility information, and solid program design strategies are incredibly worthwhile. My advanced clients will love having a resource to reference when practicing new intermediate/advanced moves at home too. A great all around approach and one that I will be very proud to regularly reference and share.”—**ADRIENNE HARVEY, Senior PCC, Winter Park, FL**

My New Go-to Book in the Gym!

“This kettlebell book is a must-have for the personal trainer, strength coach or fitness buff who is learning to use kettlebells or who has been using them for awhile and wants to refine their technique. The format is easy-to-use and the layout, design and photographs are spectacular with both Max Shank and Beth Andrews demonstrating the movements. What I found most useful is that Max has included lots of cues, tips and coaching points on the movements/lifts, mobility and programming based on his vast experience as an athlete and a coach. He gets to the point on all of the key kettlebell movements without getting bogged down in too much detail. His real-world perspective on how to assess, teach, correct and regress/progress students with the kettlebell movements is fresh and inspiring.”—**LORI CROCK, RKC Team Leader, Dublin, OH**

Next Generation

“This is the kettlebell book I have been waiting on… we have seen several titles on kettlebell training that, for the most part, have been very similar in content… regardless of title, the information has been basically rehashed over and over… Max has done something very special with ***Master the Kettlebell***… he’s taken the information and moved it forward… not only is he bringing, in my mind, a fresh approach to our beloved system but he’s also giving us so many other tools to use when developing our programs… Mobility, assessments, program design, he hits it all… the book itself is visually beautiful… the framing of the pages is such a clever way of making each page its own masterpiece… and Beth and Max are in such beautiful shape that they really convey the “potential” of Max’s message… so well done…”—**DR. CHRIS HOLDER, Senior RKC, San Luis Obispo, CA**

24 HOURS A DAY
ORDER NOW

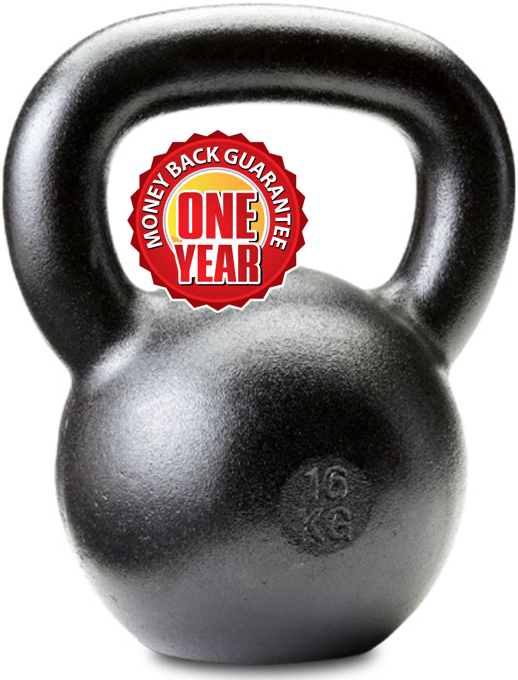
1-800-899-5111
www.dragondoor.com

Order *Master The Kettlebell* online:
www.dragondoor.com/b78

Add a Dragon Door Kettlebell to Your Arsenal—Durable, Resilient and Perfectly Designed to Give You Years of Explosive Gains in Strength, Endurance and Power

Even a man of average initial strength can immediately start using the 16kg/35lb kettlebell for two-handed swings and quickly gravitate to one-handed swings, followed by jerks, cleans and snatches. Within a few weeks you can expect to see spectacular gains in overall strength and conditioning—and for many—significant fat loss.

Dragon Door re-introduced kettlebells to the US with the uniquely designed 35lb cast iron kettlebell—and it has remained our most popular kettlebell. Why? Let Dragon Door's own satisfied customers tell the story:



Our most popular kettlebell weighs 35lb (16kg)—and is the ideal size for most men to jumpstart their new cardio, conditioning and strength programs.

Excellent Quality

"Unlike other kettlebells I have used, Dragon Door is of far superior quality. You name it, Dragon Door has got it! Where other bells lack, Dragon Door kettlebells easily meet, if not exceed, what a bell is supposed to have in quality! Great balance, nice thick handle for grip strength, and a finish that won't destroy your hands when doing kettlebell exercises."
—BARRY ADAMSON, Frederick, MD

Continually Impressed

"Dragon Door never fails to impress with their quality service and products. I bought the 16kg last month and since adding it to my kettlebell 'arsenal', I am seeing huge improvement from the heavier weight. I have larger hands for a woman so the handle on the 16kg fits my hands perfectly and it feels great...This is my fifth month using kettlebells and I cannot imagine NOT using them. They have changed my life." **—TRACY ANN Mangold, Combined Locks, WI**

Dragon Door bells just feel better

"I purchased this 35lb bell for a friend, and as I was carrying it to him I was thinking of ways I could keep it for myself. Everything about this bell is superior to other brands. The finish is the perfect balance of smooth and rough. The handle is ample in both girth and width even for a 35 lb bell, and the shape/ dimensions make overhead work so much more comfortable. There is a clear and noticeable difference between Dragon Door bells and others. Now I am looking to replace my cheap bells with Dragon Door's. On a related note, my friend is thrilled with his bell."**—RAPHAEL SYDNOR, Woodberry Forest, VA**

Made for Heavy-Duty Use!

"These kettlebells are definitely made for heavy-duty use! They are heftier than they appear, and the centrifugal force generated while swinging single or two-handed requires correct form. I have read numerous online reviews of different companies who manufacture kettlebells, and it I have yet to read a negative review of the kettlebells sold by Dragon Door. I have both the 35 and 44 lbs KBs, and I expect to receive a 53 lbs KB from Dragon Door by next week. And as I gain in strength and proficiency, I will likely order the 72 lbs KB. If you like to be challenged physically and enjoy pushing yourself, then buy a Russian Kettlebell and start swinging!"
—MIKE DAVIS, Newman, CA

New Dragon Door Bells—Best Ever!

"Just received a new e-coat 16 yesterday. Perfect balance, perfect texturing, non-slip paint, and absolutely seamless."
—DANIEL FAZZARI, Carson City, NV

Dragon Door Kettlebells: The Real Deal!

"The differences between Dragon Door's authentic Russian kettlebell and the inferior one which I had purchased earlier at a local big box sports store are astounding! The Dragon Door design and quality are clearly superior, and your kettlebell just 'feels' right in my hand. There is absolutely no comparison (and yes, I returned the substandard hunk of iron to the big box store for a credit as soon as I received your kettlebell). I look forward to purchasing a heavier kettlebell from dragondoor.com as soon as I master the 16kg weight!"—**STEPHEN WILLIAMS, Arlington, VA**

Order Dragon Door Kettlebells online:
www.dragondoor.com/shop-by-department/kettlebells/

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW

Are You Serious About Your Training?—Then Insist On Dragon Door's Premium RKC Kettlebells

Since 2001…Often Imitated, Never Equaled…

4 kg	(approx. 10 lbs.) Kettlebell	#P10N	$41.75 (plus s/h)
6 kg	(approx. 14 lbs.) Kettlebell	#P10P	$54.95 (plus s/h)
8 kg	(approx. 18 lbs.) Kettlebell	#P10M	$65.95 (plus s/h)
10 kg	(approx. 22 lbs.) Kettlebell	#P10T	$71.45 (plus s/h)
12 kg	(approx. 26 lbs.) Kettlebell	#P10G	$76.95 (plus s/h)
14 kg	(approx. 31 lbs.) Kettlebell	#P10U	$87.95 (plus s/h)
16 kg	(approx. 35 lbs.) Kettlebell Narrow Handle	#P10S	$96.95 (plus s/h)
16 kg	(approx. 35 lbs.) Kettlebell	#P10A	$96.75 (plus s/h)
18 kg	(approx. 40 lbs.) Kettlebell	#P10W	$102.75 (plus s/h)
20 kg	(approx. 44 lbs.) Kettlebell	#P10H	$107.75 (plus s/h)
22 kg	(approx. 48 lbs.) Kettlebell	#P10X	$112.75 (plus s/h)
24 kg	(approx. 53 lbs.) Kettlebell	#P10B	$118.75 (plus s/h)
26 kg	(approx. 57 lbs.) Kettlebell	#P10Y	$129.99 (plus s/h)
28 kg	(approx. 62 lbs.) Kettlebell	#P10J	$142.95 (plus s/h)
30 kg	(approx. 66 lbs.) Kettlebell	#P10Z	$149.99 (plus s/h)
32 kg	(approx. 70 lbs.) Kettlebell	#P10C	$153.95 (plus s/h)
36 kg	(approx. 79 lbs.) Kettlebell	#P10Q	$179.95 (plus s/h)
40 kg	(approx. 88 lbs.) Kettlebell	#P10F	$197.95 (plus s/h)
44 kg	(approx. 97 lbs.) Kettlebell	#P10R	$241.95 (plus s/h)
48 kg	(approx. 106 lbs.) Kettlebell	#P10L	$263.95 (plus s/h)
60 kg	(approx. 132 lbs.) Kettlebell	#P10I	$329.99 (plus s/h)

US ORDERING

- Kettlebells are shipped via UPS ground service, unless otherwise requested.
- Kettlebells ranging in size from 4kg To 24kg can be shipped to P.O. boxes or military addresses via the U.S.. Postal Service, but we require physical addresses for UPS deliveries for all sizes 32kg and heavier.

Check on website or by phone for shipping charges.

ALASKA/HAWAII KETTLEBELL ORDERING

Dragon Door now ships to all 50 states, including Alaska and Hawaii, via UPS Ground. 32kg and above available for RUSH (2-day air) shipment only.

CANADIAN KETTLEBELL ORDERING

Dragon Door now accepts online, phone and mail orders for Kettlebells to Canada, using UPS Standard service. UPS Standard to Canada service is guaranteed, fully tracked ground delivery, available to every address in all of Canada's 10 provinces. Delivery time can vary between 3 to 10 business days.

24 HOURS A DAY

ORDER NOW

1-800-899-5111

www.dragondoor.com

Order Dragon Door Kettlebells online:

www.dragondoor.com/shop-by-department/kettlebells/

Dragon Door's Premium, Heavy-Duty Kettlebell Rack is Built Like a Tank—

Convenience: Save space, keep it professional—with up to 1,400 lbs of kettlebells safely stored yet immediately available for your instant training needs…

Top shelf can hold up to 80 kg (approx 176 lbs) of smaller kettlebells

Second shelf can hold up to 120 kg (approx 264 lbs) of medium-size kettlebells

Third shelf can hold up to 200 kg (approx 440 lbs) of medium/large-size kettlebells

Fourth shelf can hold up to 250 kg (approx 550 lbs) of large/extra large-size kettlebells

Enhanced safety feature: specially engineered to allow you to chain up your kettlebells—and avoid potential injury to young children or uneducated

Are you tired of kettlebells lying around all over your house or facility, taking up WAY too much space and messing with the professional elegance of your environment?

Would you like to have one simple, sturdy, safe yet highly accessible storage device for your kettlebells—that also LOOKS terrific?

As the proud possessor already of the world's premier kettlebells, don't you want to match them with the housing they deserve?

Then we invite to improve your training life with this magnificent Kettlebell Rack today…

Dragon Door Kettlebell Rack

#KR001 $377.00
SH: $186.00
Weight: 63.50 kg (Approx. 140 lbs) Durable powdercoat

ALMOST ¾ OF A TON OF LOAD-BEARING CAPACITY!

Order Dragon Door Kettlebells online:
www.dragondoor.com/shop-by-department/kettlebells/

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW

Customer Acclaim for Dragon Door's Bestselling 12kg/26lb Kettlebell

Converted Gym Rat....

"I have seen DRASTIC changes in EVERYWHERE on my body within a very short time. I have been working out religiously in the gym for the past 15 years. I have seen more change in JUST 1 month of kettlebell training. KB's build bridges to each muscle so your body flows together instead of having all of these great individual body parts. The WHOLE is GREAT, TIGHT and HARD. Just what every woman wants."
—Terri Campbell, Houston, TX

Best Kettlebells Available

"Okay, they cost a lot and, with the shipping costs, it's up there. However, the local kettlebells were far inferior in quality—do you want rough handles when you're swinging? And, if you order a cheaper product online, you won't even KNOW the quality until you have them. Dragon Door kettlebells are well formed, well-balanced and have no rough edges. Sometimes you just have to go with the best and these are the best!"
—Judy Taylor/ Denver, CO

Awesome tool for the toolbox!!!

"I took some time off from grappling to focus on strength using my new kettlebells... Needless to say my training partners knew something was up. My 'real' total body strength had increased dramatically and I had lost about 5 pounds of bodyfat weight. We are getting more!!!!"
—Jason Cavanaugh, Marietta, PA

More Fun Than a Dumbbell or Barbell

"Very satisfied. A lot of fun. Indestructable. Delivered quickly. Much more fun to use than dumbbells or barbells. Everytime I see the bells I pick them up and do something with them. Great!"**—Sonny Ritscher, Los Angeles, CA**

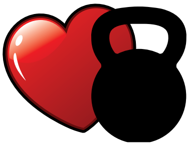
Beautiful Cast Iron

"The casting was so well done that the kettlebell doesn't look like a piece of exercise equipment."**—Robert Collins, Cambridge, MA**

Changing a 64 year old's life!

"After being very fit all my life with everything from Tae Kwon Do to rock climbing and mountain biking, I hit 60 ... had a heart valve repair and got horribly out of condition, It was difficult for me just to get up off the floor when I sat to put wood in the wood burning fireplace. In just 6 weeks with a 12 kilo kettlebell I've improved dramatically. The 'real life' strength that you develop is amazing. The difference to your 'core' is dramatic. Wish I'd discovered kbells years ago!"**—Lowell Kile, Betchworth, United Kingdom**

I Love My Kettlebell!



"I am really enjoying my kettlebell. When I received mine, I was so pleased with the finish and the handle. It is definitely a high quality product and when I work my strength up, I will order my next kettlebell from DragonDoor as well."**—Diana Kerkis, Bentonville, AR**

GREAT Piece of Equipment

"Excellent quality and finish. I'm a runner who doesn't do heavy weights; this 26 lb. KB is a great addition to my training and has made a meaningful difference, even in the first few weeks. Something about the shape INVITES you to work with it!

Highly recommended."**—Matthew Cross, Stamford, CT**

Maximum Results

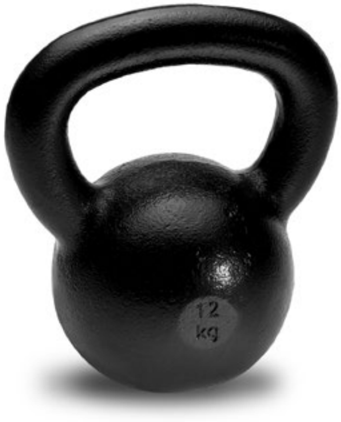
"There is not a product around that compares to the 26 lb kettlebell. It is a health club, of its own. In my opinion anybody of any age or fitness level can achieve results. "**—Jim Thoma, Shoreline, WA**

The Handler

"The Kettlebell is the authority of weights. I'm 50 years old and have been working out since I was 12. I purchased the 12kg kettlebell, and at the present time used it for six different exercises. Its shape makes such a big difference; you can be creative using it to strengthen areas of your body simultaneously in one motion. In the future I will purchase the 35 kg."
—Ronald Bradley, Alpharetta, GA

Excellent Product

"I have bought two other (competitor's) kettlebells since the purchase of this product, and there's an obvious difference in quality. I am very pleased with the purchase from Dragondoor. Thanks."
—Steve Crocker, Coupeville, WA



Russian Kettlebell - 12kg (26 lbs.)

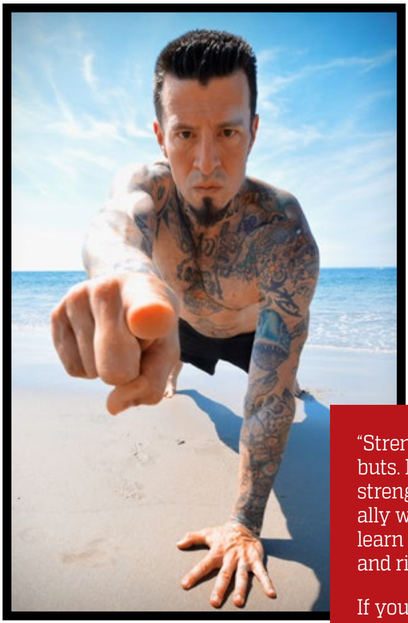
Authentic Russian kettlebell, w/rust resistant e-coat #P10G $76.95

24 HOURS A DAY
ORDER NOW

1-800-899-5111
www.dragondoor.com

Order Dragon Door Kettlebells online:
www.dragondoor.com/shop-by-department/kettlebells/

How to Get Stronger Than Almost Anyone—And The Proven Plan to Make It Real



"Strength Rules is one of the finest books on strength I've ever read. No ifs, ands or buts. Not just 'bodyweight strength'—*strength*, period. There are a million and one strength books out there about hoisting heavy iron and screwing up your joints...usually written by coaches and athletes using steroids and other drugs. But if you want to learn how to unleash *ferocious* strength and power while also improving your health and ridding yourself of extra fat and joint pain, THIS is the book you need to own.

If you are a bodyweight master, this is the bible you will want to go back to again and again, to keep you on the straight and narrow. If you are raw beginner—Jeez, then get this book right now, *follow the rules*, and save yourself years of wasted effort! Strength Rules is as good as it gets!"
—PAUL WADE, author of ***Convict Conditioning***

How to Be Tough as Nails—Whatever You Do, Wherever You Go, Whenever You Need it...

Want to get classically strong—in every dimension of your life—gut, heart and mind...?

In other words, do you want to be:

- **More than** just gym-strong?
- **More than** just functionally strong?
- **More than** just sport-specifically strong?
- **More than** just butt-kicker strong?
- And—certainly—**more than** just look-pretty-in-a-bodybuilding-contest strong?

Do you demand—instead—to be:

- **Tensile Strong?**
- **Versatile Strong?**
- **Pound-for-Pound Strong?**
- **The Ultimate Physical Dynamo?**
- **A Mental Powerhouse?**
- **A Spiritual Force?**
- **An Emotional Rock?**

Then welcome to **Danny's World**... the world of ***Strength Rules***— where you can stand tall on a rock-solid foundation of classic strength principles...Arm-in-arm with a world leader in the modern calisthenics movement...

Then... with Danny as your constant guide, grow taller and ever-stronger—in all aspects of your life and being—with a Master Blueprint of progressive calisthenic training where the sky's the limit on your possible progress...

Do Danny's classical **Strength Rules**—and, for sure, you can own the keys to the strength kingdom...

Ignore Danny's classical **Strength Rules**—break them, twist them, lame-ass them, screw with them—then doom yourself to staying stuck in idle as a perpetual strength mediocrity...

The choice is yours!

"I have been waiting for a book to be written on strength training that I can recommend to all of my patients, and **Danny Kavadlo** has delivered with ***Strength Rules***. Danny has written a stripped down approach to strength that is accessible to everyone.

He has distilled his wealth of knowledge and experience in coaching and bodyweight strength training into a program that is cohesive, scalable, and instantly applicable to all comers. He has also added a rock solid approach to nutrition and ample doses of inspirational story telling and philosophy, resulting in the gem that is ***Strength Rules***.

I dare anyone to read this book and still give me an excuse why they can't strengthen their body and improve their health. No excuses. Get the book and get to work!"
—DR. CHRISTOPHER HARDY, author of ***Strong Medicine***

Order *Strength Rules* online:
www.dragondoor.com/b84

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW

CLASSIC PULL
2. DO DESIGNATE TIME FOR YOUR WORKOUTS.
3. DO CELEBRATE WHAT YOU LOVE INSTEAD OF BASHING WHAT YOU HATE.
ADVANCED FLEX, BEND, EXTEND

However brilliant most strength books might be, 99% of them have a fatal flaw...

99% of otherwise excellent strength books focus on only one aspect of strength: how to get physically stronger through physical exercise. Health and multi-dimensional well-being is given at best a cursory nod... Nutritional advice is most often a thinly disguised pitch for a supplement line...

If you want a book that gives you the goods on full-body training, full-body health and full-body strength, then there's precious little out there... So, thank God for the advent of ***Strength Rules***!

Strength Rules embodies all elements of strength—even how they work into our day-to-day existence, the highs and lows of our being, for better or for worse...

Strength Rules is dedicated to those who are down with the cause. Those who want to work hard to get strong. Who insist they deserve to build their own muscle, release their own endorphins and synthesize *their own* hormones.

Strength Rules has no interest in fly-by-night fitness fads. Classic exercises have stood the test of time for a reason. ***Strength Rules*** shouts a loud "just say no!" to cumbersome, complicated workout equipment. ***Strength Rules*** walks a path free from trendy diets, gratuitous chemical concoctions and useless gear...

Almost every strength exercise comes down to the basics. Essentially, Squat, Push and Pull. These three broad, essential movements are the granddaddies of 'em all. Throw in some Flexion, Transverse Bends and Extension, and you've got yourself the tools for a lifetime of full body strength training... That's why the exercises contained in ***Strength Rules*** are divided into these few, broad categories. Everything else is a variation. There is no reason to overcomplicate it.

The ***Strength Rules*** mission is to help anybody and everybody get in the best shape of their lives Strength Rules lays out the truth clearly and succinctly, giving you the tools you need to grow stronger and persevere in this mad world—with your head held high and your body lean and powerful...

The exercise portion of ***Strength Rules*** (titled ACTIONS) is split into three levels: Basic Training (Starting Out), Beast Mode (Classic Strength) and Like A Boss (Advanced Moves). Naturally, not everyone will fall 100% into one of these groups for all exercises in all categories and that's fine. In fact, it's likely that even the same individual's level will vary from move to move. That's cool; we all progress at different rates. Respect and acknowledge it. Trust your instincts.

Speaking of instincts, we are wired with them for a reason. If our instincts are wrong then that's millions of years of evolution lying to us. A large part of ***Strength Rules*** embraces empowerment, faith in oneself and emotional awareness. Danny believes that being honest with yourself, physically, mentally and spiritually is a magnificent (and necessary) component of true, overall strength. Yes, sometimes the truth hurts, but it must be embraced if we are ever to be fit and free. We all have the power within ourselves. Use it.

Strength Rulescries out to all body types, age groups, backgrounds and disciplines. It talks to the beginning student. It calls on the advanced practitioner, looking for new challenges. It speaks to the calisthenics enthusiast and all the hard-working personal trainers... ***Strength Rules*** is for *everyone* who wants to get strong—and then some...

"***Strength Rules*** by **Danny Kavadlo** is so good you can't ignore it. It's minimalistic. It's low tech. It's simple. It's right.

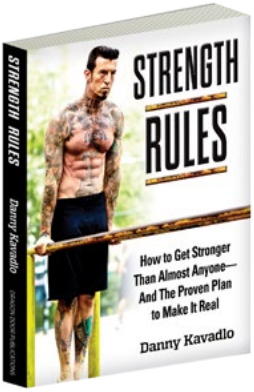
Kavadlo's work always has me nodding along with a lot of 'yeses' and 'good points.'

This book is about true strength. The old kind of strength where heroes were people, like Beowulf and Ulysses, who protected the community first. This book is about empowering yourself and others...without stepping on their heads to get to the top.

Kavadlo quotes one of my heroes, St. Francis of Assisi: 'Start by doing what's necessary; then do what's possible and suddenly you are doing the impossible.' True strength, becoming the best you can be, starts with what one needs to do rather than what one wants to do.

We often ignore calisthenics because of one issue: they are really hard to do. Stop ignoring them. Stop ignoring common sense in nutrition and supplements. Stop ignoring **Danny Kavadlo**. Again, ***Strength Rules*** is so good, you can't ignore it."
—DAN JOHN, author of ***Never Let Go***

"I can't say enough good things about **Danny Kavadlo**. I just love his entire approach, mindset and overall vibe. And ***Strength Rules*** has to be one of the coolest, most badass fitness books I have ever seen."**—JASON FERRUGGIA**


STRENGTH RULES
Danny Kavadlo
STRENGTH RULES
How to Get Stronger Than Almost Anyone—And The Proven Plan to Make It Real
Danny Kavadlo

Strength Rules

How to Get Stronger Than Almost Anyone—And The Proven Plan to Make It Real

By Danny Kavadlo

Book #B84 $39.99
eBook #EB84 $9.99
Paperback 8.5 x 11
264 pages, 305 photos

24 HOURS A DAY
ORDER NOW

1-800-899-5111
www.dragondoor.com

Order ***Strength Rules*** online:
www.dragondoor.com/b84

"Danny Kavadlo's training helped me to discover strengths I never knew I had, and I can take those lessons with me wherever I go, for the rest of my life. The wisdom and insight contained in ***Everybody Needs Training*** not only relates to being a successful fitness trainer, but can be applied for peace and success in many of life's ventures. Danny is the best!"—**ELIZABETH GILBERT, #1 *New York Times*** Best Selling Author, ***Eat, Pray, Love***. One of ***TIME Magazine's*** 100 Most Influential People in the World

MYTH #1
"You get to make your own schedule."
MYTH #2
"You can do it on the side."
NO! YOU CAN'T DO IT ON THE SIDE
THE NINE TYPES OF PERSONAL TRAINERS

Most folk who embark on a career as a trainer, do so initially out of a personal passion for fitness and a strong desire to help other achieve results. Be it weight loss, conditioning, strength gains, flexibility or enhanced performance.

But a passion for working out and an earnest desire to help others—alone—does not a successful personal trainer make. The sad fact is that the turn over rate for personal trainers after one year is over 80%. Why? It's almost always because the trainer didn't have a proper understanding of the BUSINESS of being a fitness professional.

The bottom line is that without the appropriate success blueprint, the most skilled and knowledgeable personal trainer is usually doomed to failure. Unfortunately, until now, there has been no such battle-tested blueprint available either to the novice trainer or the professional struggling to stay alive. Now, however that's all changed, thanks to Danny Kavadlo's ***Everybody Needs***

"***Everybody Needs Training*** is quite 'something.' I don't think I have ever seen this kind of depth in the field. It's both obvious and 'wow' as you read it. Amazing stuff. It fills a gap in the community that, frankly, surprises me no one has really filled."—**DAN JOHN**, author, ***Never Let Go***

"Danny Kavadlo has personally helped me become a more successful trainer and coach. I cannot recommend ***Everybody Needs Training*** enough. It's the best book I've ever seen on the subject of being a professional trainer." —**ADEL GABER**, World Class Trainer & 3-Time Olympic Wrestling Coach

"***Everybody Needs Training*** is a solid collection of tried-and-true best practices that can help personal trainers on any level reach their full potential in their chosen field."—**ROLANDO GARCIA**, RKC II, CK-FMS

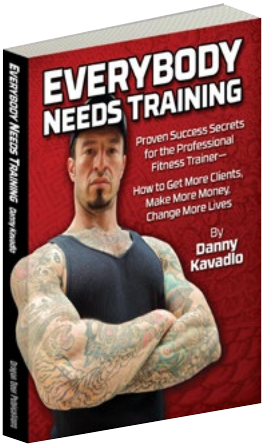
"***Everybody Needs Training*** is a must-read for every personal trainer wanting to take it to the next level, and everyone who has ever dreamed of becoming a personal trainer. This book allows you to get inside the genius PT mind of Danny Kavadlo, a master of his craft, speaking off the cuff to you about training—priceless!"—**ERRICK MCADAMS**, Personal Trainer, Model, Fitness Personality

Good for any profession or business

"I'm not a trainer, but took Danny and Al's PCC Class. This is a great book for anyone going into business as either an employee or owner, whether a fitness trainer or any other kind of business. I'm a lawyer, and I'm thinking about making it required reading for my newly hired lawyers. Good practical advice, with the focus on the customer, which is a focus that seems to be lost these days. Easy reading, but pithy, with lots of great tips and ideas, with an excellent overriding theme. Oh yea -- well written too!"— **Mark Walker,** McAllen, Texas

"Christmas wishes DO come true....Danny Kavadlo has written a training book! Imagine if you could squeeze all the hard-earned wisdom, secrets and tactics of one of the world's hottest personal trainers between the covers of a beautifully illustrated tell-all manual, and you have imagined ***Everybody Needs Training***.

Like Danny himself, this groundbreaking book is incredibly smart, brutally honest, laugh-out-loud funny, and totally out of left field...if you train others (casually or professionally), want a career training others, or if you just love the now-famous "Kavadlo approach" to getting in shape, you owe it to yourself to grab a copy of this masterpiece. I cannot recommend it highly enough."
—**PAUL WADE**, author of ***Convict Conditioning***


EVERYBODY NEEDS TRAINING
Proven Success Secrets for the Professional Fitness Trainer—
How to Get More Clients, Make More Money, Change More Lives
By Danny Kavadlo
Everybody Needs Training Danny Kavadlo
Dragon Door Publications

Everybody Needs Training

Proven Success Secrets for the Professional Fitness Trainer—How to Get More Clients, Make More Money, Change More Lives

By Danny Kavadlo

Book #B72 $34.95
eBook #EB72 $19.95
Paperback 8.5 x 11

Order *C-Mass* online:
www.dragondoor.com/b75

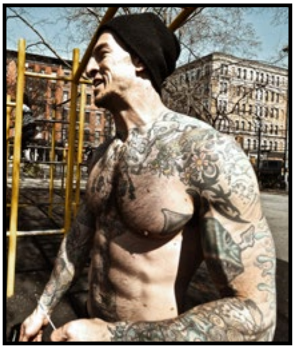
1-800-899-5111
www.dragondoor.com

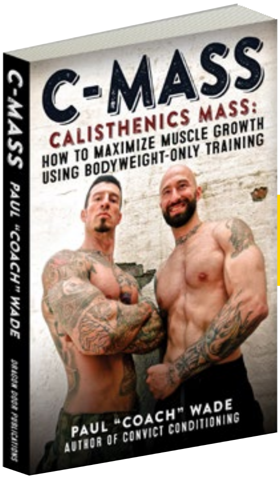
24 HOURS A DAY
ORDER NOW

C-MASS

How To Maximize Muscle Growth Using Bodyweight-Only

Is it really possible to add significant extra muscle-bulk to your frame using bodyweight exercise only? The answer, according to calisthenics guru and bestselling ***Convict Conditioning*** author Paul Wade, is a resounding Yes. Legendary strongmen and savvy modern bodyweight bodybuilders both, have added stacks of righteous beef to their physiques—using just the secrets Paul Wade reveals in this bible-like guide to getting as strong AND as big as you could possibly want, using nothing but your own body.





C-MASS
CALISTHENICS MASS:
HOW TO MAXIMIZE MUSCLE GROWTH
USING BODYWEIGHT-ONLY TRAINING
PAUL "COACH" WADE
AUTHOR OF CONVICT CONDITIONING
DRAGON DOOR PUBLICATIONS

Paul Wade's trenchant, visceral style blazes with hard-won body culture insight, tactics, strategies and tips for the ultimate blueprint for getting huge naturally without free weights, machine supplements or—God forbid—steroids. With ***C-Mass***, Paul Wade further cements his position as the preeminent modern authority on how to build extraordinary power and strength with bodyweight exercise only.

C-MASS

Calisthenics Mass: How To Maximize Muscle Growth Using Bodyweight-Only Training

By Paul "Coach" Wade

Book #B75 $24.95
eBook #EB75 $9.95
Paperback 8.5 x 11 • 136 pages, 130 photos

⬇ Get All of This When You Invest in Paul Wade's *C-Mass* Today: ⬇

1. Bodyweight Muscle? No Problem!

Build *phenomenal* amounts of natural muscle mass and discover how to:

- Add 20-30+ pounds of solid muscle—with perfect proportions
- Reshape your arms with 2-3 inches of gnarly beef
- Triple the size of your pecs and lats
- Thicken and harden your abdominal wall into a classic six-pack
- Throw a thick, healthy vein onto your biceps
- Generate hard, sculpted quads and hamstrings that would be the envy of an Olympic sprinter
- Build true "diamond" calves
- Stand head and shoulders above the next 99% of natural bodybuilders in looks, strength and power
- Boost your testosterone naturally to bull-like levels

Understand the radically different advantages you'll get from the two major types of resistance work, *nervous system* training and *muscular system* training.

If you really want to explode your muscle growth—if SIZE is your goal—you should train THIS way...

2. The Ten Commandments of Calisthenics Mass

Truly effective muscular training boils down into THESE Ten Commandments.

COMMANDMENT I: Embrace reps!

Why reps are key when you want to build massive stacks of jacked up muscle.

Understanding the biochemistry of building bigger muscles through reps...

COMMANDMENT II: Work Hard!

Want to turn from a twig into an ok tree? Why working demonically hard and employing brutal physical effort is essential to getting nasty big...

24 HOURS A DAY
ORDER NOW

1-800-899-5111
www.dragondoor.com

Order *C-Mass* online:
www.dragondoor.com/b75

2

The Ten Commandments of Calisthenics Mass

COMMANDMENT I: EMBRACE REPS!

MAXIMUM CHEST

C-MASS – CALISTHENICS MASS

COMMANDMENT III: Use Simple, Compound Exercises!

Why—if you want to get swole—you need to toss out complex, high-skill exercises.

Why *dynamic* exercises are generally far better than *static holds* for massive muscle building.

These are the very best dynamic exercises—for bigger bang for your muscle buck.

How to ratchet up the heat with THIS kick-ass strategy and sprout new muscle at an eye-popping rate.

COMMANDMENT IV: Limit Sets!

What it takes to trigger explosive muscle growth—and why most folk foolishly and wastefully pull their "survival trigger" way too many futile times...

Why you need to void "volume creep" at all costs when size is what you're all about.

COMMANDMENT V: Focus on Progress—and Utilize a Training Journal!

Why so few wannabe athletes ever achieve a good level of strength and muscle—let alone a *great* level—and what it really takes to succeed.

Golden tip: how to take advantage of the *windows of opportunity* your training presents you.

How to transform miniscule, incremental gains into long-range massive outcomes.

Forgot those expensive supplements! Why keeping a training log can be the missing key to success or failure in the muscle-gain biz.

COMMANDMENT VI: You Grow When You Rest. So Rest!

If you *really* wanted to improve on your last workout—add that rep, tighten up your form—how would you want to approach that workout? The answer is right here...

Ignore THIS simple, ancient, muscle-building fact—and be prepared to go on spinning your muscle-building wheels for a VERY long time...

10 secrets to optimizing the magic rest-muscle growth formula...

Why you may never even come close to your full physical potential—but how to change that...

COMMANDMENT VII: Quit Eating "Clean" the Whole Time!

Warning—Politically incorrect statement: Why, if you are trying to pack on more muscle, eating junk now and again is not only okay, it can be positively *anabolic*.

COMMANDMENT VIII: Sleep More!

How is it that prison athletes seem to gain and maintain so much dense muscle, when guys on the outside—who are taking supplements and working out in super-equipped gyms—can rarely gain muscle at all?

Discover the 3 main reasons why, sleep, the natural alternative to steroids, helps prison athletes grow so big...

COMMANDMENT IX: Train the Mind Along With the Body!

Why your mind is your most powerful supplement...

How 6 major training demons can destroy your bodybuilding dreams—and where to find the antidote...

COMMANDMENT X: Get Strong!

Understanding the relationship between the nervous system and the muscular system—and how to take full advantage of that relationship.

Why, if you wish to gain as much muscle as your genetic potential will allow, just training your *muscles* won't cut it—and what more you need to do...

The secret to mixing and matching for both growth AND strength...

3. "Coach" Wade's Bodypart Tactics

Get the best bodyweight bodybuilding techniques for 11 major body areas.

1. Quadzilla! (...and Quadzookie.)

Why the Gold Standard quad developer is squatting—and why you absolutely need to master the Big Daddy, the *one-legged squat*...

How to perform the Shrimp Squat, a wonderful quad and glute builder, which is comparable to the one-leg squat in terms of body-challenge.

Why you should employ THESE 7 jumping methods to put your quad gains through the roof...

How to perform the hyper-tough, man-making Sissy Squat—favorite of the Iron Guru, Vince Gironda—great bodybuilding ideologist of the Golden Era, and trainer of a young Mr. Schwarzenegger. He wouldn't let anyone perform barbell squats in his gym!

2. Hamstrings: Stand Sideways With Pride

Enter *Lombard's Paradox*: how and why you can successfully brutalize your hammies with calisthenics.

Why bridging is a perfect exercise for strengthening the hamstrings.

How to correctly work your hamstrings and activate your entire posterior chain.

Why THIS workout of straight bridges and hill sprints could put muscle on a pencil.

How to employ the little-known secret of the *bridge curl* to develop awesome strength and power in your hammies.

Why explosive work is essential for fully developed hamstrings—and the best explosive exercise to make your own...

3. Softball Biceps

THIS is the best biceps exercise in the world *bar none*. But most bodybuilders never use it to build their biceps! Discover what you are missing out on and learn to do it right...

And then you can make dumbbell curls look like a redheaded stepchild with THIS superior bicep blower-upper...

Another great compound move for the biceps (and forearms) is *rope climbing*. As with all bodyweight, this can be performed progressively. Get the details here on why and how...

Despite what some trainers may ignorantly tell you, you can also perform bodyweight biceps *isolation* exercises—such as the classic (but-rarely-seen-in-gyms) *curl-up*. Pure power! If you can build one, THIS old school piece of kit will give you biceps straight from Hades.

4. Titanic Triceps

Paul Wade has *never* met a gym-trained bodybuilder who understands how the triceps work. Not one. Learn how the triceps REALLY work. This stuff is gold—pay attention. And discover the drills that are going to CRUCIFY those tris!

4. Farmer Forearms

Paul Wade wrote the definitive mini-manual of calisthenics forearm and grip training in ***Convict Conditioning 2***. But HERE'S a reminder on the take-home message that the forearms are best built through THESE exercises, and you can build superhuman grip by utilizing intelligent THESE progressions.

Why crush-style grippers are a mistake and the better, safer alternative for a hand-pulping grip...

5. It's Not "Abs", It's "Midsection"

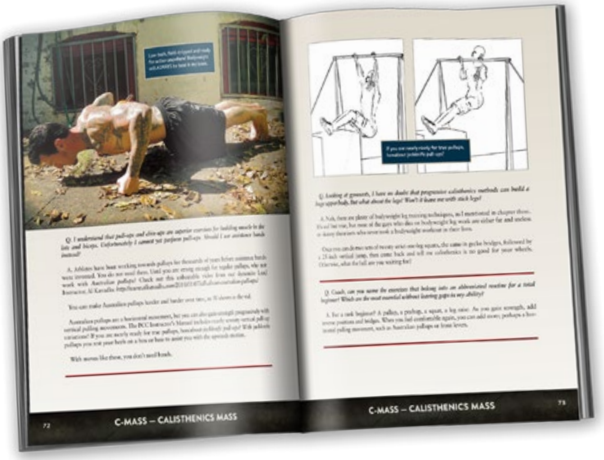
As a bodybuilder, your method should be to pick a big, tough midsection movement and work at it hard and progressively to thicken your six-pack. This work should be a cornerstone of your training, no different from pullups or squats. It's a requirement. Which movements to pick? Discover the best drills here...

And the single greatest exercise for scorching your abs in the most effective manner possible is THIS...

Order *C-Mass* online:
www.dragondoor.com/b75

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW



How to best train your obliques and lateral chain...

The simplest and most effective way to train your transversus...

6. Maximum Chest

The roll call of classical bodyweight chest exercises is dynamic and impressive. It's an ancient, effective, tactical buffet of super-moves. Get the list here...

THE best chest routine is THIS one...

If super-sturdy arms and shoulders mean your pecs barely get a look in when you press, then focus on THESE progressions instead—and your pecs will be burning with a welcome new pain...

Why Al Kavadlo has a lean, athletic physique, but his pecs are as thick as a bodybuilder's...

THIS could be the ultimate bodyweight drill to get thick, imposing pectoral muscles...

And here's the single finest exercise for enlarging your pec minor—yet hardly anyone has figured it out...

Why you need to master the art of deep breathing, strongman style, to truly develop a massive chest—and where to find unbeatable advice from proven champions...

7. Powerful, Healthy Shoulders

All die-hard bodybuilders need to know is that the deltoids have three heads. Here's how they work...

If you want to give any of your shoulder heads an enhanced, specialist workout, a great tactic is THIS.

How to make your lateral deltoids scream for mercy—and thank you later when you ignore their pleas...

If you *really* want to build your rear delts, THIS drill should be your number one exercise...

THESE kinds of drills can result in shoulder injury, rotator cuff tears, frozen shoulder and chronic pain—what to stick with instead...

THIS is a fantastic deltoid movement which will swell up those cannonballs fast...

Why old school hand balancing is so great for strength, size and coordination, while surprisingly easy on the shoulders, especially as you get a bit older...

The number one go-to guy in the whole world for hand-balancing is THIS calisthenics master...

8. Ah'll be Back

THIS exercise is the finest lat-widener in the bodybuilding world and should be the absolute mainstay of your back training. This one's a no-brainer—if adding maximum torso beef as fast and efficiently as possible appeals to you...

Are you an advanced bodyweight bodybuilder? Then you may wish to add THIS to your upper-back routine. Why? Well—THIS will blitz your rear delts, scapular muscles and the lower heads of the trapezius. These are the "detail" muscles of the back, so loved by bodybuilders when they grow and thicken, resembling serpents swirling around the shoulder-blades.

Paul Wade demands that all his students begin their personal training with a brutal regime of THIS punishing drill. Why? Find out here...

Real strength monsters can try THIS. But you gotta be real powerful to survive the attempt...

Many bodybuilders think only in terms of "low back" when working the spinal muscles, but this is a mistake: find out why...

How bridging fully works all the deep tissues of the spine and bulletproofs the discs.

The single most effective bridge technique for building massive back muscle...

Why back levers performed THIS way are particularly effective in building *huge* spinal strength and thickness.

Why *inverse hyperextensions* are a superb lower-back and spine exercise which requires zero equipment.

9. Calving Season

THIS squat method will make your calves larger, way more supple, more powerful, and your ankles/Achilles' tendon will be bulletproofed like a steel cable...

Whether you are an athlete, a strength trainer or a pure bodyweight bodybuilder, your first mission should be to gradually build to THIS. Until you get there, you don't need to waste time on any specialist calf exercises.

If you DO want to add specific calf exercises to your program, then THESE are a good choice.

The calves are naturally explosive muscles, and explosive bodyweight work is very good for calf-building. So add THESE six explosive drills into your mix...

Methods like THIS are so brutal (and effective) that they can put an inch or more on stubborn calves in just weeks. If you can train like this just once a week for a few months, you better get ready to outgrow your socks...

10. TNT: Total Neck and Traps

Do bodybuilders even need to do neck work? Here's the answer...

The best neck exercises for beginners.

HERE is an elite-level technique for developing the upper trapezius muscles between the neck and shoulders..

THIS is another wonderful exercise for the traps, developing them from all angles.

By the time you can perform two sets of twenty deep, slow reps of THIS move, your traps will look like hardcore cans of beans.

If you want more neck, and filling out your collar is something you want to explore, forget those decapitation machines in the gym, or those headache-inducing head straps. The safest, most natural and most productive techniques for building a bull-nape are THESE.

4. Okay. Now Gimme a Program

If you want to pack on muscle using bodyweight, it's no good training like a *gymnast* or a *martial artist* or a dancer or a *yoga expert*, no matter how impressive those *skill-based* practitioners might be at performing advanced calisthenics. You need a different mindset. You need to train like a bodybuilder!

Learn the essential ***C-Mass** principles* behind programming, so you can master your own programming...

The most important thing to understand about bodybuilding routines...

Simple programs with **minimum** complexity have THESE features

By contrast, programs with **maximum** complexity have THESE features

Why Simple Beats Complex, For THESE 3 Very Important Reasons...

When to Move up the Programming Line

If simpler, more basic routines are always the best, why do advanced bodybuilders tend to follow more complex routines? Programs with different sessions for different bodyparts, with dozens of exercises? Several points to consider...

The best reason is to move up the programming line is THIS

Fundamental Program Templates

- Total Body 1, Total Body 2
- Upper/Lower-Body Split 1, Upper/Lower-Body Split 2
- 3-Way Split 1, 3-Way Split 2
- 4-Way Split 1, 4-Way Split 1

5. Troubleshooting Muscle-Growth: The FAQ

Q. *Why bodyweight? Why can't I use weights and machines to build muscle?*

Q. *I understand that pull-ups and chin-ups are superior exercises for building muscle in the lats and biceps. Unfortunately I cannot yet perform pull-ups. Should I use assistance bands instead?*

Q. *Looking at gymnasts, I have no doubt that progressive calisthenics methods can build a huge upper body. But what about the legs? Won't it leave me with stick legs?*

Q. *Coach, can you name the exercises that belong into an abbreviated routine for a total beginner? Which are the most essential without leaving gaps in my ability?*

Q. *Big" bodyweight exercises such as push-ups and pull-ups may target the larger muscles of the body (pecs, lats, biceps, etc.), but what about the smaller muscles which are still so important to the bodybuilder? Things like forearms, the calves, the neck?*

Q. *I have been told I need to use a weighted vest on my push-ups and pull-ups if I want to get stronger and gain muscle. Is this true?*

Q. *Is bodyweight training suitable for women? Do you know of any women who achieved the "Master Steps" laid out in Convict Conditioning?*

Q. *I am very interested in gaining size—not just muscle mass, but also height. Is it possible that calisthenics can increase my height?*

Q. *You have said that moving exercises are superior to isometrics when it comes to mass gain. I am interested in getting huge shoulders, but Convict Conditioning gives several static (isometric) exercises early on in the handstand pushup chain. Can you give me any moving exercises I can use instead, to work up to handstand pushups?*

24 HOURS A DAY

ORDER NOW

1-800-899-5111

www.dragondoor.com

Order *C-Mass* online:

www.dragondoor.com/b75

Q. *I have heard that the teenage years are the ideal age for building muscle. Is there any point in trying to build muscle after the age of forty?*

Q. *I have had some knee problems in the past; any tips for keeping my knee joints healthy so I can build more leg mass?*

Q. *I'm pretty skinny and I have always had a huge amount of trouble putting on weight—any weight, even fat. Building muscle is virtually impossible for me. What program should I be on?*

Q. *I've read in several bodybuilding magazines that I need to change my exercises frequently in order to "confuse" my muscles into growth. Is that true?*

Q. *I read in several bodybuilding magazines that I need to eat protein every 2-3 hours to have a hope in hell of growing. They also say that I need a huge amount of protein, like two grams per pound of bodyweight. Why don't your Commandments mention the need for protein?*

Q. *I have heard that whey is the "perfect" food for building muscle. Is this true?*

6. The Democratic Alternative…how to get as powerful as possible without gaining a pound

There is a whole bunch of folks who either want (or need) massive strength and power, but without the attendant muscle bulk. Competitive athletes who compete in weight limits are one example; wrestlers, MMA athletes, boxers, etc. Females are another group who, as a rule, want to get stronger when they train, but without adding much (or any) size. Some men desire steely, whip-like power but see the sheer weight of mass as non-functional—many martial artists fall into this category; perhaps Bruce Lee was the archetype.

But bodybuilders should also fall under this banner. All athletes who want to become as huge as possible need to spend some portion of their time focusing on *pure strength*. Without a high (and increasing) level of strength, it's impossible to use enough load to stress your muscles into getting bigger. This is even truer once you get past a certain basic point.

So: You want to build power like a Humvee, with the sleek lines of a classic Porsche? The following Ten Commandments have got you covered. Follow them, and we promise you *cannot* fail, even if you had trouble getting stronger in the past. Your days of weakness are done, my friend…

Enter the "Bullzelle"

There are guys who train for pure mass and want to look like bulls, and guys who only train for athleticism without mass, and are more like gazelles. Al Kavadlo has been described as a "bullzelle"—someone who trains mainly for strength, and has some muscle too, but without looking like a bulked-up bodybuilder. And guess what? It seems like many of the new generation of athletes want to be bullzelles! With Paul Wade's C-Mass program, you'll have what you need to achieve bullzelle looks and functionality should you want it…

COMMANDMENT I: Use low reps while keeping "fresh"!

If you want to generate huge strength without building muscle, here is the precise formula…

COMMANDMENT II: Utilize Hebb's Law—drill movements as often as possible!

How pure strength training works, in a nutshell…

Why frequency—how often you train—is often so radically different for *pure strength* trainers and for bodybuilders…

Training recipe for the perfect bodybuilder—and for the perfect strength trainer…

Why training for pure strength and training to *master a skill* are virtually identical methods.

COMMANDMENT III: Master muscle synergy!

If there is a "trick" to being supremely strong, THIS is it…

As a bodybuilder, are you making this huge mistake? If you want to get super-powerful, unlearn these ideas and employ THIS strategy instead…

Another great way to learn muscular coordination and control is to explore THESE drills…

COMMANDMENT IV: Brace Yourself!

If there is a single tactic that's *guaranteed* to maximize your body-power in short order, it's bracing. *Bracing* is both an art-form and a science. Here's how to do it and why it works so well.

COMMANDMENT V: Learn old-school breath control!

If there is an instant "trick" to increasing your strength, it's *learning the art of the breath*. Learn the details here…

Why inhalation is so important for strength and how to make it work most efficiently while lifting…

How the correctly-employed, controlled, forceful exhalation activates the muscles of the trunk, core and ribcage…

COMMANDMENT VI: Train your tendons!

When the old-time strongmen talked about strength, they rarely talked about muscle power—they typically focused on the integrity of the tendons. THIS is why…

The concept of "supple strength" and how to really train the *tendons* for optimal resilience and steely, real-life strength…

Why focusing on "peak contraction" can be devastating to your long-term strength-health goals…

COMMANDMENT VII: Focus on weak links!

THIS is the essential difference between a mere *bodybuilder* and a *truly powerful human being*…

Why focusing all your attention on the biggest, strongest muscle groups is counter-productive for developing your true strength potential…

Pay extra attention to your weakest areas by including THESE 4 sets of drills as a mandatory part of your monster strength program…

COMMANDMENT VIII: Exploit Neural Facilitation!

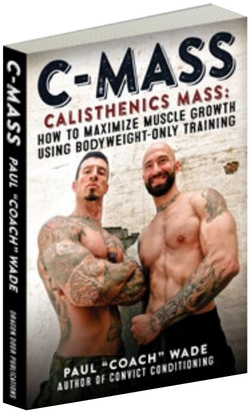
The nervous system—like most sophisticated biological systems—possesses different sets of *gears*. Learn how to safely and effectively shift to high gear in a hurry using THESE strategies…

COMMANDMENT IX: Apply Plyometric Patterns to Hack Neural Inhibition

Why it is fatal for a bodyweight master to focus only on tension-generating techniques and what to do instead…

How very fast movements can hugely increase your strength—the light bulb analogy.

The difference between "voluntary" and "involuntary" strength—and how to work on both for greater gains…


C-MASS
CALISTHENICS MASS:
HOW TO MAXIMIZE MUSCLE GROWTH
USING BODYWEIGHT-ONLY TRAINING
PAUL "COACH" WADE
AUTHOR OF CONVICT CONDITIONING
C-MASS
PAUL "COACH" WADE
DRAGON DOOR PUBLICATIONS

COMMANDMENT X: Master the power of the mind!

How to train the mind to make the body achieve incredible levels of strength and ferocity—as if it was tweaking on PCP…

5 fundamental ways to harness mental power and optimize your strength…

BONUS CHAPTER:
7. Supercharging Your Hormonal Profile

Why you should never, ever, ever take steroids to enhance your strength…

Hormones and muscle growth

Your *hormones* are what build your muscle. All your training is pretty secondary. You can work out hard as possible as often as possible, but if your hormonal levels aren't good, your gains will be close to nil. Learn what it takes to naturally optimize a cascade of powerful strength-generating hormones and to minimize the strength-sappers from sabotaging your gains…

Studies and simple experience have demonstrated that, far from being some esoteric practice, some men have increased their diminished total testosterone levels by *over a thousand percent*! How? Just by following a few basic rules.

What rules? Listen up. THIS is the most important bodybuilding advice anyone will ever give you.

The 6 Rules of Testosterone Building

THESE rules are the most powerful and long-lasting, for massive testosterone generation. Follow them if you want to get diesel.

The iron-clad case against steroid use and exogenous testosterone in general.

C-MASS

Calisthenics Mass: How To Maximize Muscle Growth Using Bodyweight-Only Training

By Paul "Coach" Wade

Book #B75 $24.95
eBook #EB75 $9.95
Paperback 8.5 x 11 • 136 pages, 130 photos

Order *C-Mass* online:
www.dragondoor.com/b75

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW

How to Lead, Survive and Dominate Physically—And Reengineer Yourself As "The Complete Athletic Package"...

SUPERHUMAN POWER, MAXIMUM SPEED AND AGILITY, PLUS COMBAT-READY REFLEXES—USING BODYWEIGHT-ONLY METHODS

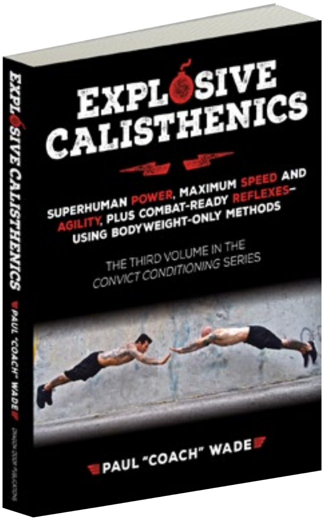
Explosive Calisthenics is for those who want to be winners and survivors in the game of life—for those who want to be the Complete Package: powerful, explosive, strong, agile, quick and resilient. Traditional martial arts have always understood this necessity of training the complete package—with explosive power at an absolute premium. And resilience is revered: the joints, tendons, muscles, organs and nervous system are ALL conditioned for maximum challenge.

Really great athletes are invariably that way too: agile as all get-go, blinding speed, ungodly bursts of power, superhuman displays of strength, seemingly at will…

The foundation and fundamentals center, first, around the building of power and speed. But ***Explosive Calisthenics*** does a masterful job of elucidating the skill-practices needed to safely prepare for and master the more ambitious moves.

But ***Explosive Calisthenics*** doesn't just inspire you with the dream of being the Complete Package. It gives you the complete blueprint, every detail and every progression you could possibly want and need to nail your dream and make it a reality. You, the Complete Package—it's all laid out for you, step by step

"The first physical attribute we lose as we age is our ability to generate power. Close behind is the loss of skilled, coordinated movement. The fix is never to lose these abilities in the first place! Paul Wade's "***Explosive Calisthenics*** is the best program for developing power and skilled movement I have seen. Just as with his previous two books, the progressions are masterful with no fancy equipment needed. Do yourself a favor and get this amazing work. This book will be the gold standard for developing bodyweight power, skill, and agility."
—**CHRIS HARDY**, D.O. MPH, CSCS, author, ***Strong Medicine***


EXPLOSIVE CALISTHENICS
SUPERHUMAN POWER, MAXIMUM SPEED AND AGILITY, PLUS COMBAT-READY REFLEXES—USING BODYWEIGHT-ONLY METHODS
THE THIRD VOLUME IN THE CONVICT CONDITIONING SERIES
PAUL "COACH" WADE

Explosive Calisthenics

Superhuman Power, Maximum Speed and Agility, Plus Combat-Ready Reflexes—Using Bodyweight-Only Methods

By Paul "Coach" Wade

Book #B80 $39.95
eBook #EB80 $19.95
Paperback 8.5 x 11
392 pages, 775 photos

STEP NINE: RUNNING FRONT FLIP
PERFORMANCE
EXERCISE X-RAY
REGRESSION
PROGRESSION
EXPLOSIVE CALISTHENICS
EXPLOSIVE CALISTHENICS

24 HOURS A DAY
ORDER NOW

1-800-899-5111
www.dragondoor.com

Order *Explosive Calisthenics* online:
www.dragondoor.com/b80

Teach your body to be the lightning-fast, explosive, acrobatic super-hunter your DNA is coded to make you…

With ***Explosive Calisthenics***, **Paul Wade** challenges you to separate yourself from the herd of also-ran followers—to become a leader, survivor and winner in the physical game of life. But he doesn't just challenge and inspire you. He gives you the direct means, the secrets, the science, the wisdom, the blueprints, the proven methods and the progressions—that make success inevitable, when you supply your end in consistent, diligent, skillful application.

Now a legendary international bestseller, ***Convict Conditioning*** can lay claim to be the Great Instigator when it comes to the resurgence of interest in bodyweight exercise mastery.

And—while ***Convict Conditioning 2*** cemented Wade's position as the preeminent authority on bodyweight exercise—there is no doubt that his magisterial new accomplishment, ***Explosive Calisthenics*** is going to blow the doors off, all over again.

What makes ***Explosive Calisthenics*** so exciting—and so profound in its implications?

See, it goes back to the laws of brute survival. It's not "Only the strongest shall survive". No, it's more like: "Only the strongest, quickest, most agile, most powerful and most explosive shall survive." To be a leader and dominator and survivor in the pack, you need to be the complete package...

A vanishing percent of people who workout even attempt to unlock their body's inherent power and speed—choose to be different: reclaim your pride and dignity as a fully-realized human being by fully unleashing your true athletic capacity…

Now—for those who have the balls and the will and the fortitude to take it on—comes the next stage: ***Explosive Calisthenics***. The chance not only to be strong and healthy but to ascend to the Complete Package. If you want it, then here it is…

PART I: POWER, SPEED, AGILITY

1: POWER UP! *THE NEED FOR SPEED*

Power defined—understanding the difference between strength and power…P 3

Functional speed—and the golden mean for power in athletics…P 6

Discover how to move your entire body with lightning speed… P 6

Agility defined…P 7

Discover how to efficiently alter your movement at high velocity…P 7

The difference between complex power and simple power—and what it means for athletic success…P 7

Discover how to enhance your reflexes to generate higher levels of power speed and agility…P 9

Why most gym-trained athletes lack THESE qualities—and will therefore NEVER attain true athleticism…P 10

2: EXPLOSIVE TRAINING: *FIVE KEY PRINCIPLES*…P 11

How modern Americans have become the slowest, least agile members of our species in all history—and what we can do about it…P 11

How you CAN teach your body to be the lightning-fast, explosive, acrobatic super-hunter your DNA is coded to make you…P 12

The 5 key principles for developing speed, power and agility… P 12

How to be the COMPLETE explosive machine…P 13

Why traditional box work, core training and Olympic lifting simply won't cut it—when your goal is high-level explosiveness…P 14

If you really want to build monstrous power, speed and agility in the shortest possible time—HERE is what you absolutely MUST stick with…P 18

The 6 movements you must master—for the ultimate in hardcore explosiveness…P 19

The true essence of calisthenics mastery lies here—and only here…P 19

3: HOW TO USE THIS BOOK: *CORE CONCEPTS AND ANSWERS*…P 23

Do you need to learn the Explosive 6 in any particular order?...P 26

Do you have to start with Step 1?...P 27

How to train short-distance speed…P 32

Mastery of progressive calisthenics is like building an arsenal-full of weapons for your physical transformation. The Power Jump and Power Pushup will set up your foundation by supercharging your nervous system, ramping up your reflexes and amping your speed and power.

Expect to be remarkably and resiliently strengthened in your bones, joints, tissues and muscles—over the entire body.

In other words: hard, dedicated work on just the Power Jump and the Power Pushup alone can turn a slow, clumsy Joe Average into a lightning-powered cyborg…

> "***Explosive Calisthenics*** is an absolute Treasure Map for anybody looking to tear down their body's athletic limitations. Who doesn't want to be able to kip to their feet from their back like a Bruce Lee? Or make a backflip look easy? Paul makes you want to put down the barbells, learn and practice these step-by-step progressions to mastering the most explosive and impressive bodyweight movements. The best part is? You can become an absolute Beast in under an hour of practice a week. Way to go, Paul! AROO!"
> **—Joe Distefano, Spartan Race,** Director of Training & Creator of the **Spartan SGX Certification**

PART II: THE EXPLOSIVE SIX

4: POWER JUMPS: *ADVANCED LEG SPRING*… P 37

If you really want to become explosive, then the legs are the source of it all—and the best way to train the legs is with progressive power jumps. Here is the 10-step blueprint for achieving ultimate leg power…

Understanding the importance of developing springy legs…P 37

Deconstructing the power jumps…P 38

How to develop the crucial skills of launching, tucking and landing…P 38—40

How to take advantage of *Myotatic* Rebound—to correctly absorb and redirect force…

How to correctly block when you jump…P 41

Do you need Plyo boxes?...P 43

Step One: Straight Hop—Performance, X-Ray, Regressions, Progressions…P 44

Step Two: Squat Jump—Performance, X-Ray, Regressions, Progressions…P 46

Step Three: Vertical Leap—Performance, X-Ray, Regressions, Progressions…P 48

Step Four: Block Jump—Performance, X-Ray, Regressions, Progressions…P 50

How to develop the ability to transfer force in dramatic fashion…P 50

Step Five: Butt-Kick Jump—Performance, X-Ray, Regressions, Progressions…P 52

Step Six: Slap Tuck Jump—Performance, X-Ray, Regressions, Progressions…P 54

Step Seven: Tuck Jump—Performance, X-Ray, Regressions, Progressions…P 56

Confers some serious explosive power to the lower body—and is a perquisite for becoming really fast…P 56

Step Eight: Catch Tuck Jump—Performance, X-Ray, Regressions, Progressions…P 58

Step Nine: Thread Jump—Performance, X-Ray, Regressions, Progressions…P 60

Master Step: Suicide Jump—Performance, X-Ray…P 62

The ultimate tucking drill—once you master this drill, kip ups, front flips and back flips will come much easier than you ever imagined…P 62

Going Beyond…P 64

Reverse Suicide Jump…P64

Small Space Drills—3 useful speed and power techniques…P 69

Cossacks—for great supple strength and balance…P 69

Wide-to-Close Pop-Ups…P 70

Order *Explosive Calisthenics* online:
www.dragondoor.com/b80

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW

— EXPLOSIVE CALISTHENICS —

"Martial arts supremacy is all about explosive power and speed, and you will possess both once you've mastered the hardcore exercises in ***Explosive Calisthenics***. Take your solo training to a level you never even imagined with these teeth-gritting, heart-palpating exercises–from a master of the genre."**—Loren W. Christensen**, author of over 50 books, including ***Fighting Power: How to Develop Explosive Punches, Kicks, Blocks, And Grappling*** and ***Speed Training: How to Develop Your Maximum Speed for Martial Arts***

5: POWER PUSHUPS: *STRENGTH BECOMES POWER*…P 73

To round out a basic power training regime, you need to pair jumps with a movement chain which performs a similar job for the upper-body and arms. The best drills for these are power push ups. Here is the 10-step blueprint for becoming an upper-body cyborg…

How to get arms like freaking jackhammers…P 73

How to skyrocket pour power levels, maximize your speed and add slabs of righteous beef to you torso and guns…P 73

How to develop upper-body survival-power—for more effective punching, blocking, throwing and pushing…P 73

How speed-power training trains the nervous system and joints to handle greater loads…P 73

The more power you have in your arms, chest and shoulders, the stronger they become. And the stronger they become, the harder you can work them and the bigger they get…P 73

Gives you an extra edge in strength AND size…P 73

Why the best way is the natural way…P 74

Deconstructing Power Pushups…P 74

Correct elbow positioning and where to place your hands (crucial)—to spring back with optimal power…P 74

Why cheating with the Earthworm will only rob you—if freakish strength gains are your goal…P 76

How to apply the Myotatic Rebound effect to maximal advantage in your power pushups…P 78

The Power Pushup Chain…P 79

Step One: Incline Pop-Up—Performance, X-Ray, Regressions, Progressions…P 80

A perfect way to gently condition the shoulders, elbows and wrists for the harder work to come

Step Two: Kneeling Push-Off—Performance, X-Ray, Regressions, Progressions…P 82

How to turn your strength into power—and an exceptional way to build your punching force…P 82

Step Three: Pop-Up—Performance, X-Ray, Regressions, Progressions…P 84

A nearly magical preliminary exercise to get better at clap pushups.

Step Four: Clap Pushup—Performance, X-Ray, Regressions, Progressions…P 86

How the clap pushup builds exceptional levels of torso power and quick hands, whilst toughening the arms and shoulders—invaluable for boxers, martial artists and football players.

Step Five: Chest-Strike Pushup—Performance, X-Ray, Regressions, Progressions…P 88

Step Six: Hip-Strike Pushup—Performance, X-Ray, Regressions, Progressions…P 90

A killer bridging exercise between clapping in front of the body and clapping behind.

Step Seven: Convict Pushup—Performance, X-Ray, Regressions, Progressions…P 92

Step Eight: Half-Super—Performance, X-Ray, Regressions, Progressions…P 94

Builds high levels of pure shoulder speed—excellent for all martial artists.

Step Nine: Full Body Pop-Up—Performance, X-Ray, Regressions, Progressions…P 96

Master Step: The Superman—Performance, X-Ray…P 98

A wicked, wicked move that works the whole body—both anterior and posterior chains.

Get upper-body pushing muscles that are king-fu powerful and robust as a gorilla's…P 98

If God had handed us a "perfect" explosive upper-body exercise, it might be this…P 98

Going Beyond…P 100

The Aztec Pushup…P 101

The Crossing Aztec Pushup… P 102

The One-Arm Clapping Pushup…P 103

Small Space Drills…P104

The Push Get-Up…P 104

Round-the-Clock Pushups…P 105

360 Jump…P 106

Fast feet and hands go together like biscuits and gravy—here's how to make it happen.

6: THE KIP-UP: *KUNG FU BODY SPEED*…P 109

The mesmerizing Kip-Up is the most explosive way of getting up off your back—and is a surprisingly useful skill to possess. Learn how here…P 109

Deconstructing Kip-Ups…P 110

The Roll-Up, Hand Positioning, the Kick and the Rotation…P 112

Step One: Rolling Sit-Up—Performance, X-Ray, Regressions, Progressions…P 114

A fantastic conditioning exercise, which strengthens the midsection, hips and back…P 114

Step Two: Rolling Squat—Performance, X-Ray, Regressions, Progressions…P 116

How to generate forward momentum.

Step Three: Shoulder Pop—Performance, X-Ray, Regressions, Progressions…P 118

Strengthens and conditions the wrists and shoulders for the task of explosively pushing the body up.

Step Four: Bridge Kip—Performance, X-Ray, Regressions, Progressions…P 120

Learn how to generate enough lower body power to throw the head, shoulders and upper back off the floor.

Step Five: Butt Kip—Performance, X-Ray, Regressions, Progressions…P 122

Step Six: Half Kip—Performance, X-Ray, Regressions, Progressions…P 124

Step Seven: Kip-Up—Performance, X-Ray, Regressions, Progressions…P 126

Impossible without an explosive waist, super-fast legs and the total-body ability of a panther—which you will OWN when you master step seven…

Step Eight: Straight Leg Kip-Up—Performance, X-Ray, Regressions, Progressions…P 128

Step Nine: Wushu Kip-Up—Performance, X-Ray, Regressions, Progressions…P 130

Master Step: No-Hands Kip-Up—Performance, X-Ray, Regressions, Progressions…P 132

If there is a more impressive—or explosive—way to power up off the floor, then humans haven't invented it yet…

Master this advanced drill and your total-body speed and agility will start to bust off the charts…P 132

Going Beyond—Roll Kip, Head Kip and Ditang Breakfall…P 134—136

Small Space Drills…P 137

Bridge Push-Offs, Sitting Kips and prone Kips…P 137—139

7: THE FRONT FLIP: *LIGHTNING MOVEMENT SKILLS*…P 141

The Front Flip is THE explosive exercise par excellence—it is the "super-drill" for any athlete wanting more speed, agility and power.

Discover how to attain this iconic test of power and agility—requiring your entire body, from toes to neck, to be whip-like explosive…P 141

— EXPLOSIVE CALISTHENICS —

"Coach Wade saved the best for last! ***Explosive Calisthenics*** is the book all diehard ***Convict Conditioning*** fans have been waiting for. There has never been anything like it until now!

With his trademark blend of old-school philosophy, hard-earned wisdom and in-your-face humor, Coach expands his infamous system of progressive bodyweight programming to break down the most coveted explosive moves, including the back flip, kip-up and muscle-up. If you want to know how far you can go training with just your own bodyweight, you owe it to yourself to get this book!"**—Al Kavadlo**, author, ***Stretching Your Boundaries***

Deconstructing Front Flips…P 142

Run-Up, Take-Off, Unfurl, landing…P 142—143

The Front Flip Chain…P 144

Step One: Shoulder Roll—Performance, X-Ray, Regressions, Progressions…P 146

Step Two: Press Roll—Performance, X-Ray, Regressions, Progressions…P 148

Step Three: Jump Roll—Performance, X-Ray, Regressions, Progressions…P 150

Step Four: Handstand Roll—Performance, X-Ray, Regressions, Progressions…P 152

Step Five: Backdrop Handspring—Performance, X-Ray, Regressions, Progressions…P 154

Step Six: Front Handspring—Performance, X-Ray, Regressions, Progressions…P 156

A phenomenal explosive drill in its own right…

Step Seven: Flyspring—Performance, X-Ray, Regressions, Progressions…P 158

Step Eight: Back Drop Flip—Performance, X-Ray, Regressions, Progressions…P 160

Step Nine: Running Front Flip—Performance, X-Ray, Regressions, Progressions…P 162

Master Step: Front Flip—Performance, X-Ray…P 164

Going Beyond…P 166

The Round-Off and the Cartwheel…P 166—167

Small Space Drills…P 170

Kojaks, Thruster and Unilateral Jump…P 170—172

8: THE BACK FLIP: *ULTIMATE AGILITY*…P 175

The Back Flip is the most archetypal acrobatic feat—displaying integrated mastery of some of the most fundamental traits required for total explosive strength.

If you want to be a contender for the power crown, then you have to get to own the Back Flip—which defines true agility…

Discover how to develop a super-quick jump, a massive hip snap, a powerful, agile waist and spine—and an upper body that can generate higher levels of responsive force like lightning…

Simply put, this is the single greatest test of explosive power, true speed and agility found in nature. Here is how to pass the test…

Deconstructing the Back Flip…P 176

General tips for the many skills needed to master the Back Flip…P 176

5 key exercises to strengthen you arms and shoulders…P 178

How to achieve a powerful Tuck…P 179

How to use the Depth Jump to further condition your joints…P 179

The Back Flip Chain…P 180

THIS is the most important consideration to have in place for finally achieving the Back Flip…P 180

Step One: Rear Shoulder Roll—Performance, X-Ray, Regressions, Progressions…P 182

Step Two: Rear Press Roll—Performance, X-Ray, Regressions, Progressions…P 184

Step Three: Bridge Kick Over—Performance, X-Ray, Regressions, Progressions…P 186

A great antidote to fear of the Back Handspring

Step Four: Side Macaco—Performance, X-Ray, Regressions, Progressions…P 188

Step Five: Back Macaco—Performance, X-Ray, Regressions, Progressions…P 190

Step Six: Monkey Flip—Performance, X-Ray, Regressions, Progressions…P 192

Step Seven: Back Handspring—Performance, X-Ray, Regressions, Progressions…P 194

Step Eight: One-Arm Back Handspring—Performance, X-Ray, Regressions, Progressions…P 196

Step Nine: Four Point Back Flip—Performance, X-Ray, Regressions, Progressions…P 198

Master Step: Back Flip—Performance, X-Ray…P 200

Going Beyond…P 202

Small Space Drills…P 205

One-Arm Wall Push-Aways (great exercise for powerful, bulletproof elbows)…P 205

Donkey Kick and Scissors Jump…P 206

9: THE MUSCLE-UP: *OPTIMAL EXPLOSIVE STRENGTH*…P 209

If ever one popular strength exercise qualified as a "complete" feat, it would probably be the mighty Muscle-Up—one of the most jealously-admired skills in all of bodyweight training…

The Muscle-Up requires a very explosive pull, plus a push—so works almost the entire upper-body; the back and biceps pull, while the chest, triceps and shoulders push. Your grip needs to be insanely strong, your stomach crafted out of steel and you require a highly athletic posterior chain.

Discover the complete blueprint for achieving the planet's hottest bodyweight move…

Learn how to achieve the elusive, total-body-sync, X factor the Muscle-Up requires—and build insane explosive power in a highly compressed time frame…

Deconstructing the Muscle-Up...P 211—214

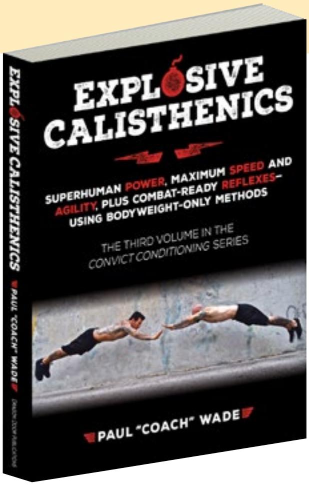
The Muscle-Up Chain…P 217

Step One: Swing Kip—Performance, X-Ray, Regressions, Progres-

"***Explosive Calisthenics*** by Paul 'Coach' Wade is a masterfully constructed roadmap for the attainment of power, functional speed, and agility. The book is extreme in that only a small percentage of the population would be able or willing to fully take the challenge, but at the same time, brilliant in that the path proceeds methodically and progressively from relatively simple to extremely advanced, allowing a discretionary endpoint for each individual.

The book is also refreshingly raw. The exercises are all done using only bodyweight and little in the way of equipment. There are only five moves to master and yet each is a proverbial double-edge sword—at the same time dangerous yet potentially transformative.

Take this on and I doubt you will ever again be satisfied with the mundane bench press or the other exercise machines found in the typical gym."**—Patrick Roth, M.D.**, author of ***The End of Back Pain: Access Your Hidden Core to Heal Your Body***, Chairman of Neurosurgery at Hackensack University Medical Center and the director of its neurosurgical residency training program.


EXPLOSIVE CALISTHENICS
SUPERHUMAN POWER, MAXIMUM SPEED AND AGILITY, PLUS COMBAT-READY REFLEXES—USING BODYWEIGHT-ONLY METHODS
THE THIRD VOLUME IN THE CONVICT CONDITIONING SERIES
PAUL "COACH" WADE
EXPLOSIVE CALISTHENICS
PAUL "COACH" WADE

Explosive Calisthenics

Superhuman Power, Maximum Speed and Agility, Plus Combat-Ready Reflexes—Using Bodyweight-Only Methods

By Paul "Coach" Wade

Book #B80 $39.95
eBook #EB80 $19.95
Paperback 8.5 x 11 • 392 pages, 775 photos

Order *Explosive Calisthenics* online:
www.dragondoor.com/b80

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW

Al Kavadlo's Progressive Plan for Primal Body Power

How to Build Explosive Strength and a Magnificent Physique—Using Bodyweight Exercise Only

What is more satisfying than owning a primally powerful, functionally forceful and brute-strong body? A body that packs a punch. A body that commands attention with its etched physique, coiled muscle and proud confidence…A body that can PERFORM at the highest levels of physical accomplishment…

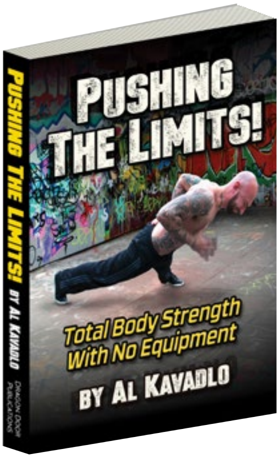
Well, both Al Kavadlo—the author of ***Pushing the Limits!***—and his brother Danny, are supreme testaments to the primal power of body culture done the old-school, ancient way—bare-handed, with your body only.

The brothers Kavadlo walk the bodyweight talk—and then some. The proof is evident on every page of ***Pushing the Limits!***

Your body is your temple. Protect and strengthen your temple by modeling the methods of the exercise masters. Al Kavadlo has modeled the masters and has the "temple" to show for it. Follow Al's progressive plan for primal body power within the pages of ***Pushing the Limits!***—follow in the footsteps of the great bodyweight exercise masters—and you too can build the explosive strength and possess the magnificent physique you deserve.

> "When people ask me about bodyweight strength training, I point them to Al Kavadlo. ***Pushing the Limits***! is a must-have for bodyweight training enthusiasts or anyone looking to build strength without lifting weights. Al lays out dozens of effective exercises for every fitness level, while making the journey fun and encouraging."
> —**MARK SISSON**, author of ***The Primal Blueprint***

> "Whether you are an advanced bodyweight conditioning athlete or a wet behind the ears newbie, Al's ***Pushing the Limits!*** has something for you. Easy to follow progressions allow you to master advanced push up, squat and bridging variations. All you need is the will to do it! No gym required."
> —**ROBB WOLF**, author of *The Paleo Solution*


PUSHING THE LIMITS!
Total Body Strength With No Equipment
BY AL KAVADLO
PUSHING THE LIMITS! BY AL KAVADLO
Dragon Door Publications

Pushing the Limits!
Total Body Strength With No Equipment
By Al Kavadlo

Book #B69 $39.95
eBook # EB69 $19.95
Paperback 8.5 x 11
224 pages • 240 photos

PUSHING THE LIMITS!
1
2
3
4
5
80
81

24 HOURS A DAY
ORDER NOW

1-800-899-5111
www.dragondoor.com

Order *Pushing The Limits* online:
www.dragondoor.com/b69

Pushing The Limits!
Back Lunge
Prisoner Squat
Pushing The Limits!
Wall Sit
108
38
39

Reader Reviews of Pushing the Limits submitted on DragonDoor.

Time to work smart hard!

"I'm a physical therapist in orthopedics with all the frame wear and tear of a lifter. I use Al's stuff for myself and for patients and always get good outcomes. On my field there are those that make it happen, those that watch it happen, and those that dash in afterwards and ask "Hey, what just happened?" Grab a copy of Al's book. Make it happen." **—GARRETT MCELFRESH, PT, Milwaukee, WI**

Al you did it again!

"I'm a doctor that uses functional rehab to get my patients better. This book has helped so much with all the great pics and showing and explaining what and why they are doing these exercises. Also when I get down and show them myself they can see that it is totally achievable! If you are wavering on getting this book, get it! I promise you won't regret it!

From a functional stand point Al, Danny, and Paul are spot on! I've seen and experienced "miracles" from doing these workouts! I have had a bad shoulder, low back, and hyperextended both knees in college football and was told I needed multiple surgeries and was always going to have pain..... WRONG! I am completely pain free and thank these hard working guys for everything they do! I can't wait to see what's next!" **—DR. ROB BALZA, Cincinnati, OH**

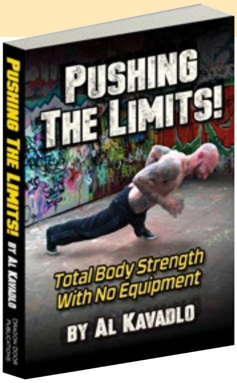
One of the best fitness books I have purchased!

"I recommend this book to anyone who enjoys being active. No matter what sport or training regimen you are currently following, Al's book has something for everyone. Novices and advanced practitioners alike, will find detailed movements that help increase their strength, mobility, and flexibility. Great read with beautiful photography." **—LANCE PARVIN, Las Vegas, NV**

"I LOVE this freaking Book!!! Every time you put out a new book it becomes my NEW favorite and my inspiration! I love the blend of strength, power, health and overall athleticism in this book! This book covers the BIG picture of training for ALL aspects of human performance.

I will use it with my athletes, with the adults I train, in my own training and absolutely these books will be the books I share with my kids. This stuff reminds me of the old school *Strength & Health Magazine*, I'm fired UP!"**—ZACH EVEN-ESH**, author of *The Encyclopedia of Underground Strength and Conditioning*

"This is the book I wish I had when I first started working out. Knowing Al's secrets and various progressions would have saved me years of wasted time, frustration and injuries. The variations of The Big Three and progressions Al lays out will keep you busy for years."**—JASON FERRUGGIA**


PUSHING THE LIMITS!
Total Body Strength With No Equipment
BY AL KAVADLO
PUSHING THE LIMITS! BY AL KAVADLO
DRAGON DOOR PUBLICATIONS

Pushing the Limits!

Total Body Strength With No Equipment

By Al Kavadlo

Book #B69 $39.95
eBook # EB69 $19.95
Paperback 8.5 x 11
224 pages • 240 photos

Order *Pushing The Limits* online:
www.dragondoor.com/b69

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW

Sample Spreads From The Interior of *Stretching Your Boundaries*

STRETCHING YOUR BOUNDARIES
The best teacher of all has been my own body. I'm still learning new lessons every day.
Get Some Class
26
27
Warrior One
73
Shoulderstand
The body alignment of the Dragon Flag is similar to the alignment in Shoulderstand
146
147

—TABLE OF CONTENTS —

Foreword by Elliott Hulse

PART ONE- Stretch Manifesto

- Stretching For Strength 1
- Taking Your Medicine 9
- Kid Stuff 15
- Mobility Matters 21
- Breath is Life 29

PART TWO - The Stretches

- Preface 39
- Dynamics 41
- Standing Statics 49
- Grounded Statics 95

PART THREE - Programming and Sample Routines

- Standards of Practice 153
- On Mats 161
- Symmetry .163
- Hypothetical Training Splits 171
- Sample Routines 177

24 HOURS A DAY

ORDER NOW

1-800-899-5111

www.dragondoor.com

Order *Stretching Your Boundaries* online:
www.dragondoor.com/b73

Stretching and Flexibility Secrets To Help Unlock Your Body—Be More Mobile, More Athletic, More Resilient And Far Stronger...

"The ultimate bodyweight mobility manual is here! Al Kavadlo's previous two Dragon Door books, ***Raising the Bar*** and ***Pushing the Limits,*** are the most valuable bodyweight strength training manuals in the world. But strength without mobility is meaningless. Al has used his many years of training and coaching to fuse bodyweight disciplines such as yoga, martial arts, rehabilitative therapy and bar athletics into the ultimate calisthenics stretching compendium. ***Stretching your Boundaries*** belongs on the shelf of any serious athlete—it's bodyweight mobility dynamite!"

—"COACH" PAUL WADE, author of *Convict Conditioning*

"In this book, Al invites you to take a deeper look at the often overlooked, and sometimes demonized, ancient practice of static stretching. He wrestles with many of the questions, dogmas and flat out lies about stretching that have plagued the fitness practitioner for at least the last decade. And finally he gives you a practical guide to static stretching that will improve your movement, performance, breathing and life. In ***Stretching Your Boundaries,*** you'll sense Al's deep understanding and love for the human body. Thank you Al, for helping to bring awareness to perhaps the most important aspect of physical education and fitness."

—ELLIOTT HULSE, creator of the *Grow Stronger* method

"An absolutely masterful follow up to ***Raising The Bar*** and ***Pushing The Limits,*** Stretching Your Boundaries really completes the picture. Both easy to understand and fully applicable, Al's integration of traditional flexibility techniques with his own unique spin makes this a must have. The explanation of how each stretch will benefit your calisthenics practice is brilliant. Not only stunning in its color and design, this book also gives you the true feeling of New York City, both gritty and euphoric, much like Al's personality."

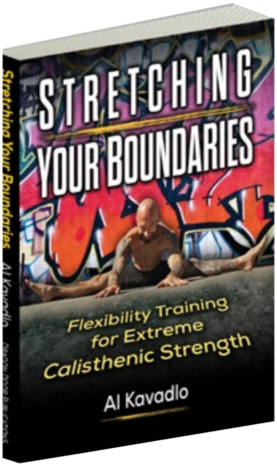
—MIKE FITCH, creator of Global Bodyweight Training

"Stretching Your Boundaries is a terrific resource that will unlock your joints so you can build more muscle, strength and athleticism. Al's passion for human performance radiates in this beautifully constructed book. Whether you're stiff as a board, or an elite gymnast, this book outlines the progressions to take your body and performance to a new level."

—CHAD WATERBURY, M.S., author of *Huge in a Hurry*

"Al Kavadlo has done it again! He's created yet another incredible resource that I wish I had twenty years ago. Finding great material on flexibility training that actually enhances your strength is like trying to find a needle in a haystack. But look no further, because ***Stretching Your Boundaries*** is exactly what you need."

—JASON FERRUGGIA, Strength Coach


STRETCHING YOUR BOUNDARIES
Flexibility Training for Extreme Calisthenic Strength
Al Kavadlo
Stretching Your Boundaries Al Kavadlo

Stretching Your Boundaries

Flexibility Training for Extreme Calisthenic Strength

By Al Kavadlo

Book #B73 $39.95
eBook # EB73 $19.95
Paperback 8.5 x 11
214 pages • 235 photos

Order *Stretching Your Boundaries* online:
www.dragondoor.com/b73

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW

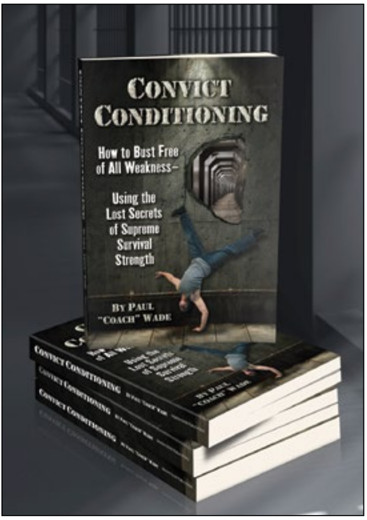
How Do YOU Stack Up Against These 6 Signs of a TRUE Physical Specimen?

According to Paul Wade's Convict Conditioning you earn the right to call yourself a 'true physical specimen' if you can perform the following:

1. ***AT LEAST one set of 5 one-arm pushups each side—with the ELITE goal of 100 sets each side***
2. ***AT LEAST one set of 5 one-leg squats each side—with the ELITE goal of 2 sets of 50 each side***
3. ***AT LEAST a single one-arm pullup each side—with the ELITE goal of 2 sets of 6 each side***
4. ***AT LEAST one set of 5 hanging straight leg raises—with the ELITE goal of 2 sets of 30***
5. ***AT LEAST one stand-to-stand bridge—with the ELITE goal of 2 sets of 30***

Well, how DO you stack up?

Chances are that whatever athletic level you have achieved, there are some serious gaps in your OVERALL strength program. Gaps that stop you short of being able to claim status as a truly accomplished strength athlete.


CONVICT CONDITIONING
How to Bust Free of All Weakness–
Using the Lost Secrets of Supreme Survival Strength
BY PAUL "COACH" WADE

The good news is that—in *Convict Conditioning*—**Paul Wade** has laid out a brilliant 6-set system of 10 progressions which allows you to master these elite levels.

And you could be starting at almost any age and in almost in any condition...

Paul Wade has given you the keys—ALL the keys you'll ever need— that will open door, after door, after door for you in your quest for supreme physical excellence. Yes, it will be the hardest work you'll ever have to do. And yes, 97% of those who pick up *Convict Conditioning*, frankly, won't have the guts and the fortitude to make it. But if you make it even half-way through **Paul's Progressions**, you'll be stronger than almost anyone you encounter. Ever.

Here's just a small taste of what you'll get with *Convict Conditioning:*

Can you meet these 5 benchmarks of the *truly* powerful?... Page 1

The nature and the art of real strength... Page 2

Why mastery of *progressive calisthenics* is the ultimate secret for building maximum raw strength... Page 2

A dozen one-arm handstand pushups without support—anyone? Anyone?... Page 3

How to rank in a powerlifting championship—*without ever training with weights*... Page 4

Calisthenics as a hardcore strength training technology... Page 9

Spartan "300" calisthenics at the Battle of Thermopylae... Page 10

How to cultivate the perfect body—the Greek and Roman way... Page 10

The difference between "old school" and "new school" calisthenics... Page 15

The role of prisons in preserving the older systems... Page 16

Strength training as a primary survival strategy... Page 16

The 6 basic benefits of bodyweight training... Pages 22–27

Why calisthenics are the *ultimate* in functional training... Page 23

The value of cultivating *self-movement*—rather than *object-movement*... Page 23

The *real* source of strength—it's not your *muscles*... Page 24

One crucial reason why a lot of convicts deliberately avoid weight-training... Page 24

How to progressively strengthen your joints over a lifetime—and even heal old joint injuries... Page 25

Why "authentic" exercises like pullups are so perfect for strength and power development... Page 25

Bodyweight training for quick physique perfection... Page 26

How to normalize and regulate your body fat levels—with bodyweight training only... Page 27

Why weight-training and the psychology of overeating go hand in hand... Page 27

The best approach for rapidly strengthening your whole body is this... Page 30

This is the most important and revolutionary feature of *Convict Conditioning*.... Page 33

A jealously-guarded system for going from puny to powerful—when your life may depend on the speed of your results... Page 33

The 6 "Ultimate" Master Steps—only a handful of athletes in the whole world can correctly perform them all. Can you?... Page 33

How to Forge Armor-Plated Pecs and Steel Triceps... Page 41

Why the pushup is the *ultimate* upper body exercise—and better than the bench press... Page 41

How to effectively bulletproof the vulnerable rotator cuff muscles... Page 42

24 HOURS A DAY
ORDER NOW

1-800-899-5111
www.dragondoor.com

Order *Convict Conditioning* online:
www.dragondoor.com/b41

Observe these 6 important rules for power-packed pushups... Page 42

How basketballs, baseballs and *kissing-the-baby* all translate into greater strength gains... Page 44

How to guarantee steel rod fingers... Page 45

Do you make this stupid mistake with your push ups? This is wrong, wrong, wrong!... Page 45

How to achieve 100 consecutive one-arm pushups each side... Page 64

Going Beyond the One-Arm Pushup... Pages 68—74

Going up!— how to build elevator-cable thighs... Page 75

Where the *real* strength of an athlete lies... Page 75

Most athletic movements rely largely on this attribute... Page 76

The first thing to go as an athlete begins to age—and what you MUST protect... Page 76

THE best way to develop truly powerful, athletic legs... Page 77

The phenomenon of *Lombard's Paradox*—and it contributes to power-packed thighs... Page 78

Why bodyweight squats blow barbell squats away... Page 79

The enormous benefits of mastering the one-leg squat... Page 80

15 secrets to impeccable squatting—for greater power and strength... Pages 81—82

Transform skinny legs into pillars of power, complete with steel cord quads, rock-hard glutes and thick, shapely calves... Page 102

How to achieve one hundred perfect consecutive one-leg squats on each leg... Page 102

Going Beyond the One-Leg Squat... Pages 106—112

How to add conditioning, speed, agility and endurance to legs that are already awesome.... Page 107

How to construct a barn door back—and walk with loaded guns... Page 113

Why our culture has failed to give the pullup the respect and attention it deserves... Page 113

Benefits of the pullup—king of back exercises... Page 114

The dormant superpower for muscle growth waiting to be released if you only do this... Page 114

Why pullups are the single best exercise for building melon-sized biceps... Page 115

Why the pullup is THE safest upper back exercise... Page 115

The single most important factor to consider for your grip choice... Page 118

How to earn lats that look like wings and an upper back sprouting muscles like coiled pythons... Page 138

How to be strong enough to rip a bodybuilder's arm off in an arm wrestling match... Page 138

How to take a trip to hell—and steal a Satanic six-pack... Page 149

The 5 absolute truths that define a genuine six-pack from hell... Page 150

This is the REAL way to gain a six-pack from hell... Page 152

3 big reasons why—in prisons—leg raises have always been much more popular than sit-ups... Page 152

Why the hanging leg raise is the greatest single abdominal exercise known to man... Page 153

10 waist training secrets to help you master the hanging leg raise... Pages 154—155

How to correctly perform the greatest all-round midsection exercise in existence... Page 174

Going beyond the hanging straight leg raise... Page 178

Setting your sights on the most powerful midsection exercise possible—the V raise.... Page 178

How to develop abdominal muscles with enormous contractile power—and iron hip strength... Page 178

How to combat-proof your spine... Page 185

Why the bridge is the most important strength-building exercise in the world... Page 185

How to train your spine—as if your life depended on it... Page 185

Why you should sell your barbell set and buy a cushioned mat instead... Page 188

How to absorb punitive strikes against your spine—and bounce back smiling... Page 188

Why lower back pain is the foremost plague of athletes the world over... Page 189

Why bridging is the *ultimate* exercise for the spinal muscles... Page 189

The 4 signs of the perfect bridge... Page 191

How to master the bridge... Page 192

How to own a spine that feels like a steel whip... Page 193

How the bridging series will grant you an incredible combination of strength paired with flexibility... Page 216

Why bridging stands alone as a *total* training method that facilitates development in practically every area of fitness and health... Page 216

How to look exceptionally masculine—with broad, etched, and powerful shoulders... Page 219

Those vulnerable shoulders—why they ache and the best way to avoid or fix the pain... Page 220

How to choose authentic over *artificial* shoulder movements... Page 223

Why an understanding of *instinctive* human movement can help solve the shoulder pain problem... Page 224

Remove these two elements of pressing—and you will remove virtually all chronic shoulder problems... Page 225

The ultimate solution for safe, pain-free, powerful shoulders... Page 225

The mighty handstand pushup... Page 226

Using the handstand pushup to build *incredibly* powerful, muscularized shoulders in a short span of time... Page 225

How to strengthen the *vestibular system*—using handstand pushups... Page 225

8 secrets to help you perfect your all-important handstand pushup technique... Pages 228—229

Discover the ultimate shoulder and arm exercise... Page 248

Going beyond the one-arm handstand pushup... Page 252

The master of this old technique will have elbows strong as titanium axles... Page 255

The cast iron principles of Convict Conditioning success... Page 259

The missing "x factor" of training success... Page 259

The best ways to warm up... Page 260

How to create training momentum... Page 262

How to put strength in the bank... Page 263

This is the real way to get genuine, lasting strength and power gains... Page 265

Intensity—what it is and what it isn't... Page 265

Why "cycling" or "periodization" is unnecessary with bodyweight training... Page 266

How to make consistent progress... Page 266

5 powerful secrets for busting through your plateaus... Page 267

The nifty little secret of *consolidation* training... Page 268

Living by the buzzer—and the importance of regime... Page 275

5 major *Convict Conditioning* training programs... Page 276

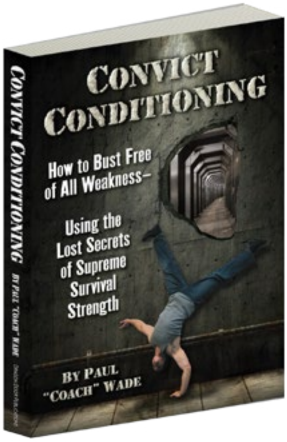
The *New Blood* training program... Page 278

The *Good Behavior* training program... Page 279

The *Veterano* training program... Page 280

The *Solitary Confinement* training program... Page 281

The *Supermax* training program... Page 282


CONVICT CONDITIONING
How to Bust Free of All Weakness—
Using the Lost Secrets of Supreme Survival Strength
BY PAUL "COACH" WADE

Convict Conditioning

How to Bust Free of All Weakness—Using the Lost Secrets of Supreme Survival Strength

By Paul "Coach" Wade

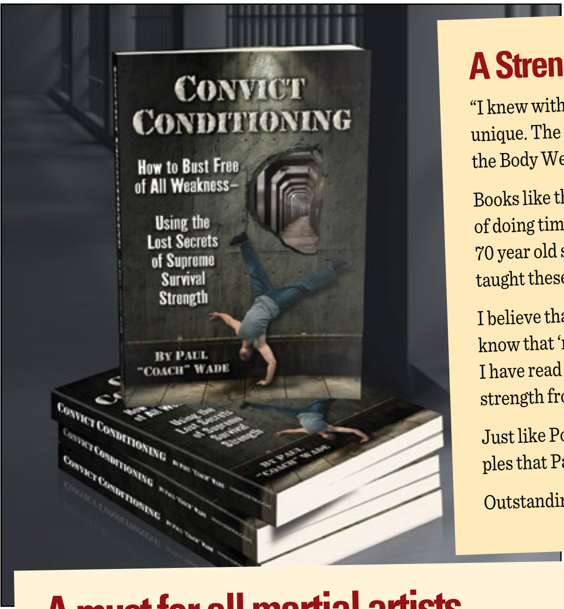
Book #B41 $39.95
eBook #EB41 $19.95
Paperback 8.5 x 11
320 pages • 191 photos

Order *Convict Conditioning* online:
www.dragondoor.com/b41

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW

Dragon Door Customer Acclaim for Paul Wade's Convict Conditioning


CONVICT CONDITIONING
How to Bust Free of All Weakness—
Using the Lost Secrets of Supreme Survival Strength
BY PAUL "COACH" WADE

A Strength Training Guide That Will Never Be Duplicated!

"I knew within the first chapter of reading this book that I was in for something special and unique. The last time I felt this same feeling was when reading ***Power to the People!*** To me this is the Body Weight equivalent to Pavel's masterpiece.

Books like this can never be duplicated. Paul Wade went through a unique set of circumstances of doing time in prison with an 'old time' master of calisthenics. Paul took these lessons from this 70 year old strong man and mastered them over a period of 20 years while 'doing time'. He then taught these methods to countless prisoners and honed his teaching to perfection.

I believe that extreme circumstances like this are what it takes to create a true masterpiece. I know that 'masterpiece' is a strong word, but this is as close as it gets. No other body weight book I have read (and I have a huge fitness library)...comes close to this as far as gaining incredible strength from body weight exercise.

Just like Power to the People, I am sure I will read this over and over again...mastering the principles that Paul Wade took 20 years to master.

Outstanding Book!"—***Rusty Moore - Fitness Black Book*** - *Seattle, WA*

A must for all martial artists

"As a dedicated martial artist for more than seven years, this book is exactly what I've been looking for.

For a while now I have trained with machines at my local gym to improve my muscle strength and power and get to the next level in my training. I always felt that the modern health club, technology based exercise jarred with my martial art though, which only required body movement.

Finally this book has come along. At last I can combine perfect body movement for martial skill with perfect body exercise for ultimate strength.

All fighting arts are based on body movement. This book is a complete textbook on how to max out your musclepower using only body movement, as different from dumbbells, machines or gadgets. For this reason it belongs on the bookshelf of every serious martial artist, male and female, young and old."—***Gino Cartier*** - *Washington DC*

I've packed all of my other training books away!

"I read CC in one go. I couldn't put it down. I have purchased a lot of bodyweight training books in the past, and have always been pretty disappointed. They all seem to just have pictures of different exercises, and no plan whatsoever on how to implement them and progress with them. But not with this one. The information in this book is AWESOME! I like to have a clear, logical plan of progression to follow, and that is what this book gives. I have put all of my other training books away. CC is the only system I am going to follow. This is now my favorite training book ever!"—***Lyndan*** - *Australia*

Brutal Elegance.

"I have been training and reading about training since I first joined the US Navy in the 1960s. I thought I'd seen everything the fitness world had to offer. Sometimes twice. But I was wrong. This book is utterly iconoclastic.

The author breaks down all conceivable body weight exercises into six basic movements, each designed to stimulate different vectors of the muscular system. These six are then elegantly and very intelligently broken into ten progressive techniques. You master one technique, and move on to the next.

The simplicity of this method belies a very powerful and complex training paradigm, reduced into an abstraction that obviously took many years of sweat and toil to develop. Trust me. Nobody else worked this out. This approach is completely unique and fresh.

I have read virtually every calisthenics book printed in America over the last 40 years, and instruction like this can't be found anywhere, in any one of them. ***Convict Conditioning*** is head and shoulders above them all. In years to come, trainers and coaches will all be talking about 'progressions' and 'progressive calisthenics' and claim they've been doing it all along. But the truth is that Dragon Door bought it to you first. As with kettlebells, they were the trail blazers.

Who should purchase this volume? Everyone who craves fitness and strength should. Even if you don't plan to follow the routines, the book will make you think about your physical prowess, and will give even world class experts food for thought. At the very least if you find yourself on vacation or away on business without your barbells, this book will turn your hotel into a fully equipped gym.

I'd advise any athlete to obtain this work as soon as possible."
—***Bill Oliver*** - *Albany, NY, United States*

24 HOURS A DAY
ORDER NOW

1-800-899-5111
www.dragondoor.com

Order *Convict Conditioning* online:
www.dragondoor.com/b41

More Dragon Door Customer Acclaim for Convict Conditioning

Fascinating Reading and Real Strength

"Coach Wade's system is a real eye opener if you've been a lifetime iron junkie. Wanna find out how really strong (or weak) you are? Get this book and begin working through the 10 levels of the 6 power exercises. I was pleasantly surprised by my ability on a few of the exercises...but some are downright humbling. If I were on a desert island with only one book on strength and conditioning this would be it. (Could I staple Pavel's "Naked Warrior" to the back and count them as one???!) Thanks Dragon Door for this innovative new author."—***Jon Schultheis,*** *RKC (2005) - Keansburg, NJ*

Single best strength training book ever!

"I just turned 50 this year and I have tried a little bit of everything over the years: martial arts, swimming, soccer, cycling, free weights, weight machines, even yoga and Pilates. I started using ***Convict Conditioning*** right after it came out. I started from the beginning, like Coach Wade says, doing mostly step one or two for five out of the six exercises. I work out 3 to 5 times a week, usually for 30 to 45 minutes.

Long story short, my weight went up 14 pounds (I was not trying to gain weight) but my body fat percentage dropped two percent. That translates into approximately 19 pounds of lean muscle gained in two months! I've never gotten this kind of results with anything else I've ever done. Now I have pretty much stopped lifting weights for strength training. Instead, I lift once a week as a test to see how much stronger I'm getting without weight training. There are a lot of great strength training books in the world (most of them published by Dragon Door), but if I had to choose just one, this is the single best strength training book ever. BUY THIS BOOK. FOLLOW THE PLAN. GET AS STRONG AS YOU WANT. "—***Wayne*** *- Decatur, GA*

Best bodyweight training book so far!

"I'm a martial artist and I've been training for years with a combination of weights and bodyweight training and had good results from both (but had the usual injuries from weight training). I prefer the bodyweight stuff though as it trains me to use my whole body as a unit, much more than weights do, and I notice the difference on the mat and in the ring. Since reading this book I have given the weights a break and focused purely on the bodyweight exercise progressions as described by 'Coach' Wade and my strength had increased more than ever before. So far I've built up to 12 strict one-leg squats each leg and 5 uneven pull ups each arm.

I've never achieved this kind of strength before - and this stuff builds solid muscle mass as well. It's very intense training. I am so confident in and happy with the results I'm getting that I've decided to train for a fitness/bodybuilding comp just using his techniques, no weights, just to show for real what kind of a physique these exercises can build. In sum, I cannot recommend 'Coach' Wade's book highly enough - it is by far the best of its kind ever!"—***Mark Robinson*** *- Australia, currently living in South Korea*

A lifetime of lifting...and continued learning.

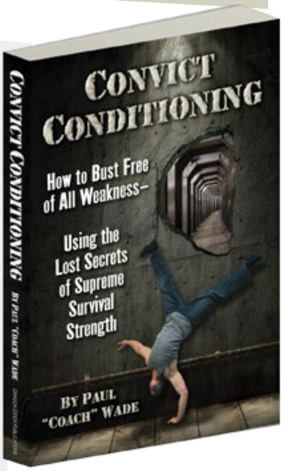
"I have been working out diligently since 1988 and played sports in high school and college before that. My stint in the Army saw me doing calisthenics, running, conditioning courses, forced marches, etc. There are many levels of strength and fitness. I have been as big as 240 in my powerlifting/strongman days and as low as 185-190 while in the Army. I think I have tried everything under the sun: the high intensity of Arthur Jones and Dr. Ken, the Super Slow of El Darden, and the brutality of Dinosaur Training Brooks Kubic made famous.

This is one of the BEST books I've ever read on real strength training which also covers other just as important aspects of health; like staying injury free, feeling healthy and becoming flexible. It's an excellent book. He tells you the why and the how with his progressive plan. This book is a GOLD MINE and worth 100 times what I paid for it!"

—***Horst*** *- Woburn, MA*

This book sets the standard, ladies and gentlemen

"It's difficult to describe just how much this book means to me. I've been training hard since I was in the RAF nearly ten years ago, and to say this book is a breakthrough is an understatement. How often do you really read something so new, so fresh? This book contains a complete new system of calisthenics drawn from American prison training methods. When I say 'system' I mean it. It's complete (rank beginner to expert), it's comprehensive (all the exercises and photos are here), it's graded (progressions from exercise to exercise are smooth and pre-determined) and it's totally original. Whether you love or hate the author, you have to listen to him. And you will learn something. This book just makes SENSE. In twenty years people will still be buying it."—Andy McMann - Ponty, Wales, GB



CONVICT CONDITIONING
How to Bust Free of All Weakness—
Using the Lost Secrets of Supreme Survival Strength
BY PAUL "COACH" WADE

Convict Conditioning

How to Bust Free of All Weakness—Using the Lost Secrets of Supreme Survival Strength

By Paul "Coach" Wade

Book #B41 $39.95
eBook #EB41 $19.95
Paperback 8.5 x 11
320 pages • 191 photos

Order *Convict Conditioning* online:
www.dragondoor.com/b41

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW

The Experts Give High Praise to Convict Conditioning 2

"Coach Paul Wade has outdone himself. His first book ***Convict Conditioning*** is to my mind THE BEST book ever written on bodyweight conditioning. Hands down. Now, with the sequel ***Convict Conditioning 2***, Coach Wade takes us even deeper into the subtle nuances of training with the ultimate resistance tool: our bodies.

In plain English, but with an amazing understanding of anatomy, physiology, kinesiology and, go figure, psychology, Coach Wade explains very simply how to work the smaller but just as important areas of the body such as the hands and forearms, neck and calves and obliques in serious functional ways.

His minimalist approach to exercise belies the complexity of his system and the deep insight into exactly how the body works and the best way to get from A to Z in the shortest time possible.

I got the best advice on how to strengthen the hard-to-reach extensors of the hand right away from this exercise Master I have ever seen. It's so simple but so completely functional I can't believe no one else has thought of it yet. Just glad he figured it out for me.

Paul teaches us how to strengthen our bodies with the simplest of movements while at the same time balancing our structures in the same way: simple exercises that work the whole body.

And just as simply as he did with his first book. His novel approach to stretching and mobility training is brilliant and fresh as well as his take on recovery and healing from injury. Sprinkled throughout the entire book are too-many-to-count insights and advice from a man who has come to his knowledge the hard way and knows exactly of what he speaks.

This book is, as was his first, an amazing journey into the history of physical culture disguised as a book on calisthenics. But the thing that Coach Wade does better than any before him is his unbelievable progressions on EVERY EXERCISE and stretch! He breaks things down and tells us EXACTLY how to proceed to get to whatever level of strength and development we want. AND gives us the exact metrics we need to know when to go to the next level.

Adding in completely practical and immediately useful insights into nutrition and the mindset necessary to deal not only with training but with life, makes this book a classic that will stand the test of time.

Bravo Coach Wade, Bravo." **—Mark Reifkind, Master RKC**, author of ***Mastering the HardStyle Kettlebell Swing***

"I've been lifting weights for over 50 years and have trained in the martial arts since 1965. I've read voraciously on both subjects, and written dozens of magazine articles and many books on the subjects. This book and Wade's first, ***Convict Conditioning***, are by far the most commonsense, information-packed, and result producing I've read. These books will truly change your life.

Paul Wade is a new and powerful voice in the strength and fitness arena, one that is commonsense, inspiring, and in your face. His approach to maximizing your body's potential is not the same old hackneyed material you find in every book and magazine piece that pictures steroid-bloated models screaming as they curl weights. Wade's stuff has been proven effective by hard men who don't tolerate fluff. It will work for you, too—guaranteed.

As an ex-cop, I've gone mano-y-mano with ex-cons that had clearly trained as Paul Wade suggests in his two ***Convict Conditioning*** books. While these guys didn't look like steroid-fueled bodybuilders (actually, there were a couple who did), all were incredibly lean, hard and powerful. Wade blows many commonly held beliefs about conditioning, strengthening, and eating out of the water and replaces them with result-producing information that won't cost you a dime." **—Loren W. Christensen**, author of ***Fighting the Pain Resistant Attacker***, and many other titles

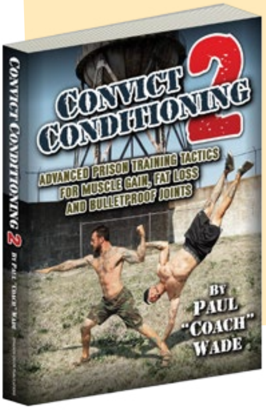
"The overriding principle of ***Convict Conditioning*** 2 is 'little equipment-big rewards'. For the athlete in the throwing and fighting arts, the section on Lateral Chain Training, Capturing the Flag, is a unique and perhaps singular approach to training the obliques and the whole family of side muscles. This section stood out to me as ground breaking and well worth the time and energy by anyone to review and attempt to complete. Literally, this is a new approach to lateral chain training that is well beyond sidebends and suitcase deadlifts.

The author's review of passive stretching reflects the experience of many of us in the field. But, his solution might be the reason I am going to recommend this work for everyone: The Trifecta. This section covers what the author calls The Functional Triad and gives a series of simple progressions to three holds that promise to oil your joints. It's yoga for the strength athlete and supports the material one would find, for example, in Pavel's ***Loaded Stretching***.

I didn't expect to like this book, but I come away from it practically insisting that everyone read it. It is a strongman book mixed with yoga mixed with street smarts. I wanted to hate it, but I love it."
—Dan John, author of ***Don't Let Go*** and co-author of ***Easy Strength***

"***Convict Conditioning*** is one of the most influential books I ever got my hands on. ***Convict Conditioning 2*** took my training and outlook on the power of bodyweight training to the 10th degree—from strengthening the smallest muscles in a maximal manner, all the way to using bodyweight training as a means of healing injuries that pile up from over 22 years of aggressive lifting.

I've used both ***Convict Conditioning*** and ***Convict Conditioning 2*** on myself and with my athletes. Without either of these books I can easily say that these boys would not be the BEASTS they are today. Without a doubt ***Convict Conditioning 2*** will blow you away and inspire and educate you to take bodyweight training to a whole NEW level."
—Zach Even-Esh, Underground Strength Coach


CONVICT CONDITIONING 2
ADVANCED PRISON TRAINING TACTICS FOR MUSCLE GAIN, FAT LOSS AND BULLETPROOF JOINTS
BY PAUL "COACH" WADE
CONVICT CONDITIONING 2

Convict Conditioning 2

Advanced Prison Training Tactics for Muscle Gain, Fat Loss and Bulletproof Joints
By Paul "Coach" Wade

Book #B59 $39.95
eBook #EB59 $19.95
Paperback 8.5 x 11
354 pages • 261 photos

24 HOURS A DAY
ORDER NOW
1-800-899-5111
www.dragondoor.com

Order *Convict Conditioning* online:
www.dragondoor.com/b41

"**Paul Wade's** section on developing the sides of the body in ***Convict Conditioning 2*** is brilliant. Hardstyle!" **—PAVEL TSATSOULINE**, author of ***The Naked Warrior***

Online Praise for Convict Conditioning 2

Best Sequel Since The Godfather 2!

"Hands down the best addition to the material on *Convict Conditioning* that could possibly be put out. I already implemented the neck bridges, calf and hand training to my weekly schedule, and as soon as my handstand pushups and leg raises are fully loaded I'll start the flags. Thank you, Coach!"

—Daniel Runkel, Rio de Janeiro, Brazil

The progressions were again sublime

"Never have I heard such in depth and yet easy to understand description of training and physical culture. A perfect complement to the first book although it has its own style keeping the best attributes of style from the first but developing it to something unique. The progressions were again sublime and designed for people at all levels of ability. The two books together can forge what will closely resemble superhuman strength and an incredible physique and yet the steps to get there are so simple and easy to understand."

—Ryan O., Nottingham, United Kingdom

Well worth the wait

"Another very interesting, and as before, opinionated book by Paul Wade. As I work through the CC1 progressions, I find it's paying off at a steady if unspectacular rate, which suits me just fine. No training injuries worth the name, convincing gains in strength. I expect the same with *CC2* which rounds off CC1 with just the kind of material I was looking for. Wade and Dragon Door deserve to be highly commended for publishing these techniques. A tremendous way to train outside of the gym ecosystem."

—V. R., Bangalore, India

Very Informative

"*Convict Conditioning 2* is more subversive training information in the same style as its original. It's such a great complement to the original, but also solid enough on its own. The information in this book is fantastic-- a great buy! Follow this program, and you will get stronger."

—Chris B., Thunder Bay, Canada

Just as brilliant as its predecessor!

"Just as brilliant as its predecessor! The new exercises add to the Big 6 in a keep-it-simple kind of way. Anyone who will put in the time with both of these masterpieces will be as strong as humanly possible. I especially liked the parts on grip work. To me, that alone was worth the price of the entire book."

—Timothy Stovall / Evansville, Indiana

If you liked CC1, you'll love CC2

"*CC2* picks up where *CC1* left off with great information about the human flag (including a version called the clutch flag, that I can actually do now), neck and forearms. I couldn't be happier with this book."

—Justin B., Atlanta, Georgia

From the almost laughably-simple to realm-of-the-gods

"*Convict Conditioning 2* is a great companion piece to the original Convict Conditioning. It helps to further build up the athlete and does deliver on phenomenal improvement with minimal equipment and space.

The grip work is probably the superstar of the book. Second, maybe, is the attention devoted to the lateral muscles with the development of the clutch- and press-flag.

Convict Conditioning 2 is more of the same - more of the systematic and methodical improvement in exercises that travel smoothly from the almost laughably-simple to realm-of-the-gods. It is a solid addition to any fitness library."

—Robert Aldrich, Chapel Hill, GA

Brilliant

"Convict Conditioning books are all the books you need in life. As Bruce Lee used to say, it's not a daily increase but a daily decrease. Same with life. Too many things can lead you down many paths, but to have Simplicity is perfect."

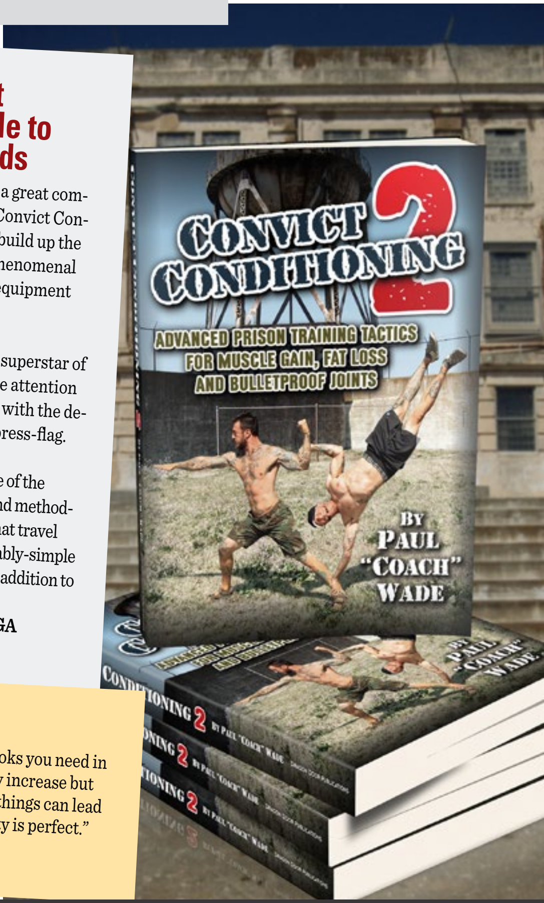
—Brandon Lynch, London, England

Convict Conditioning 2

Advanced Prison Training Tactics for Muscle Gain, Fat Loss and Bulletproof Joints

By Paul "Coach" Wade

Book #B59 $39.95
eBook #EB59 $19.95
Paperback 8.5 x 11
354 pages • 261 photos

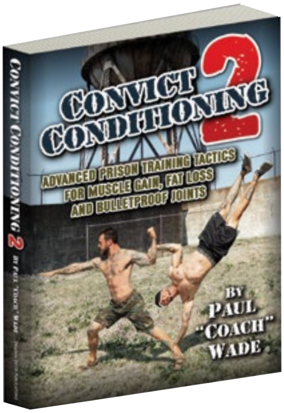

CONVICT CONDITIONING 2
ADVANCED PRISON TRAINING TACTICS FOR MUSCLE GAIN, FAT LOSS AND BULLETPROOF JOINTS
BY PAUL "COACH" WADE

Order *Convict Conditioning 2* online:
www.dragondoor.com/b59

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW

–TABLE OF CONTENTS–


CONVICT CONDITIONING 2
ADVANCED PRISON TRAINING TACTICS FOR MUSCLE GAIN, FAT LOSS AND BULLETPROOF JOINTS
BY PAUL "COACH" WADE
CONVICT CONDITIONING 2

Convict Conditioning 2

Advanced Prison Training Tactics for Muscle Gain, Fat Loss and Bulletproof Joints

By Paul "Coach" Wade

Book #B59 $39.95
eBook #EB59 $19.95
Paperback 8.5 x 11
354 pages • 261 photos

DO NOT ENTER

Foreword

The Many Roads to Strength by Brooks Kubik

Opening Salvo: ***Chewing Bubblegum and Kicking Ass***

1. Introduction: ***Put Yourself Behind Bars***

PART I: SHOTGUN MUSCLE

Hands and Forearms

2: Iron Hands and Forearms: ***Ultimate Strength –with Just Two Techniques***

3: The Hang Progressions: ***A Vice-Like Bodyweight Grip Course***

4: Advanced Grip Torture: ***Explosive Power + Titanium Fingers***

5: Fingertip Pushups: ***Keeping Hand Strength Balanced***

6: Forearms into Firearms: ***Hand Strength: A Summary and a Challenge***

Lateral Chain

7: Lateral Chain Training: ***Capturing the Flag***

8: The Clutch Flag: ***In Eight Easy Steps***

9: The Press Flag: ***In Eight Not-So-Easy Steps***

Neck and Calves

10. Bulldog Neck: ***Bulletproof Your Weakest Link***

11. Calf Training: ***Ultimate Lower Legs–No Machines Necessary***

PART II: BULLETPROOF JOINTS

12. Tension-Flexibility: ***The Lost Art of Joint Training***

13: Stretching–the Prison Take: ***Flexibility, Mobility, Control***

14. The Trifecta: ***Your "Secret Weapon" for Mobilizing Stiff, Battle-Scarred Physiques–for Life***

15: The Bridge Hold Progressions: ***The Ultimate Prehab/Rehab Technique***

16: The L-Hold Progressions: ***Cure Bad Hips and Low Back–Inside-Out***

17: Twist Progressions: ***Unleash Your Functional Triad***

PART III: WISDOM FROM CELLBLOCK G

18. Doing Time Right: ***Living the Straight Edge***

19. The Prison Diet: ***Nutrition and Fat Loss Behind Bars***

20. Mendin' Up: ***The 8 Laws of Healing***

21. The Mind: ***Escaping the True Prison***

!BONUS CHAPTER!

24 HOURS A DAY
ORDER NOW
1-800-899-5111
www.dragondoor.com
Order *Convict Conditioning 2* online:
www.dragondoor.com/b59

Are You Dissatisfied With Your Abs?

"Diamond-Cut Abs condenses decades of agonizing lessons and insight into the best book on ab-training ever written. Hands down." —**PAUL WADE**, author of ***Convict Conditioning***

Are you dissatisfied with your abs? Does it seem a distant dream for you to own a rock-solid center? Can you only hanker in vain for the chiseled magnificence of a Greek statue? Have you given up on owning the tensile functionality and explosive power of a cage-fighter's core?

According to Danny Kavadlo, training your abs is a whole-life endeavor. It's about right eating, right drinking, right rest, right practice, right exercise at the right time, right motivation, right inspiration, right attitude and right lifestyle. If you don't have that righteous set of abs in place, it's because you have failed in one or more of these areas.

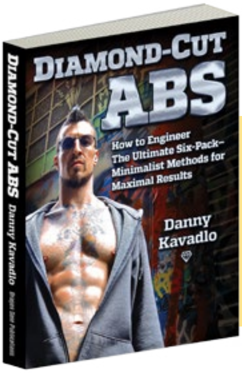
With his 25-plus years of rugged research and extreme physical dedication into every dimension of what it takes to earn world-class abs, Danny Kavadlo is a modern-day master of the art. It's all here: over 50 of the best-ever exercises to develop the abs—from beginner to superman level—inspirational photos, no BS straight talk on nutrition and lifestyle factors and clear-cut instructions on what to do, when. Supply the grit, follow the program and you simply cannot fail but to build a monstrous mid-section.

In our culture, Abs are the Measure of a Man. To quit on your abs is to quit on your masculinity—like it or not. ***Diamond-Cut Abs*** gives you the complete, whole-life program you need to reassert yourself and reestablish your respect as a true physical specimen—with a thunderous six-pack to prove it.

Are You Dissatisfied With Your Abs?

In the Abs Gospel According to Danny, training your abs is a whole-life endeavor. It's about right eating, right drinking, right rest, right practice, right exercise at the right time, right motivation, right inspiration, right attitude and right lifestyle.

So, yes, all of this Rightness gets covered in ***Diamond-Cut Abs***. But let's not confuse Right with Rigid. Apprentice in the Danny School of Abs and it's like apprenticing with a world-class Chef—a mix of incredible discipline, inspired creativity and a passionate love-affair with your art.


DIAMOND-CUT ABS
How to Engineer The Ultimate Six-Pack—Minimalist Methods for Maximal Results
Danny Kavadlo
DIAMOND-CUT ABS Danny Kavadlo

Diamond-Cut Abs

How to Engineer the Ultimate Six-Pack—Minimalist Methods for Maximum Results

By Danny Kavadlo

Book #B77 $39.95
eBook #EB77 $19.95
Paperback 8.5 x 11
230 pages, 305 photos

"Danny has done it again! ***Diamond-Cut Abs*** is a no-nonsense, results driven approach that delivers all the goods on abs. Nutrition, training and progression are all included, tattoos optional!"—**ROBB WOLF**, author of ***The Paleo Solution***

"There are a lot of abs books and products promising a six-pack. What sets Danny's book apart is the realistic and reasonable first section of the book... His insights into nutrition are so simple and sound, there is a moment you wish this book was a stand alone dieting book."—**DAN JOHN**, author of ***Never Let Go***

3. Eat less sugar.
4. If you must eat packaged foods, look at ingredients.
5. Drink more water, less everything else.
6. "Low-fat" foods do not mean low-fat you.
Complete Control
Breathing

Order ***Diamond-Cut Abs*** online:
www.dragondoor.com/b77

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW

Here's a Taste of What You'll Get When You Invest in *Diamond-Cut Abs*

Part I An Abs Odyssey

Chapter 1 Cultural Obsession

- Why there is no one-size-fits-all program for training your abs...3
- Danny's big promise: why you will get everything you need to know about sculpting and maintaining amazingly defined and beautiful abs...4

Chapter 2 Abs Defined

- You cannot fake the funk—getting clear about what it'll take to Man up and earn that six-pack of your dreams...11
- The What of the What: basic anatomy and function: know your abs-tech details so you know what you are working on...12–15
- What the core really consists of...it's more than most people think...15

Chapter 3 Personal Obsession

- The extreme value of push-ups and pull-ups for Danny-like abs...18
- Danny Obsessed: 300 reps, 5 days a week for 10 years = close on 8 million reps!—yet Danny's functionally stronger and aesthetically more appealing NOW with WAY less reps. Discover why...19
- Danny's personal mission for you: distinguish the fitness BS from the hype...21
- Why protein supplements are a waste of money...21

Part II Nutritional Musings

Chapter 4 Primordial Soup

- How to bring back the joy to your fitness-nutrition program...28
- Why you need to develop and maintain a love affair with food—if you want that manly six-pack...

Chapter 5 Common Sense Versus Over-compartmentalization

- Why what we eat is single most important decision we can make about our abs...31
- Why Danny's Dietary Advice has proved 100% effective for those who have followed it...33
- The 3 golden keys you must consider when choosing the right foods to feed your abs...35
- Why you should eat THESE fats every day for great abs...36
- Why sugar is the #1 nutritional enemy of defined abs...37
- Why Danny's abs were at an all-time best after 90 days without THESE two nutrients...39
- Why you should eat organ meat, for an extra edge in your abs training...42
- Why you need FAR less protein in your diet...44

Chapter 6 Weighing in on Weight Loss

- The 3 major keys to successful fat reduction...48
- How to shed body fat now...48
- Why a food's fat content has no bearing on whether it will fatten you...49
- Why you should ignore the BMI...50
- The role of sacrifice in obtaining ripped abs...50

Chapter 7 What I Eat

- The secret of "mostly"...54
- For the love and care of food...54
- Danny's 3-Day sample food log...56–57

Chapter 8 The Fat and the Curious

- The 4 Steps of the Beginner's Cleanse...60
- Fruit n Veggie Cleanse—optimal duration of...61
- Juice Fast...62
- The 7-Day Plan—Fruit n Veggie/Juice fast...62
- Danny's 4 favorite juices...63
- The True Fast...63
- The Absolute Fast...64
- 4 big tips for safe and successful fasting...64

Chapter 9 More Food for Thought

- The perils of genetically and chemically compromised foods...67–69
- How to avoid toxins in your food...69
- Food's most powerful secret ingredient...69

Chapter 10 Top Tips for Tip Top Abs

- Why water is SO important for your abs...72

Part III Training Your Abs

Chapter 11 Make an Executive Decision

- Why and how your abs training should be like a martial art ...79

Chapter 12 Fundamentals of Abdominal Strength Training

- The 10 Principles you must follow for every rep of every exercise...83–89
- THIS principle makes you stronger, more shredded and more anatomically aware...83
- THE #1 Principle you'll need to employ for spectacular abs...91

CHAPTER 5

COMMON SENSE VS. OVER-COMPARTMENTALIZATION

Chapter 13 On Cardio

- The limitations of cardio for abs training—and what you should do instead...93–97

Part IV The Exercises

- Each drill comes with explanatory text, recommended set/rep range plus a specialized Trainer Tip

Chapter 14 Danny, What Do You Do?

- Danny's 50+ best abs and abs-related training exercises...101

Chapter 15 Core Curriculum

- Crucial exercises for overall gains...105
- How to perform the perfect squat—the most functional exercise on the planet...105
- How to perform the perfect push-up—the ultimate upper-body exercise...108
- How to perform the perfect pull-up...111–112

Chapter 16 Beginner Abs

- Full Body Tension Drill...116
- How to have complete body awareness through progressive, isometric tensing...116
- The Plank...117
- The Side Plank—to emphasize the obliques and lateral chain...119
- Lying Bent Knee leg Raise...120
- Lying Knee Tuck...121
- Sit-Up...122
- Modified Side Jackknife—to help beginners target their obliques...123
- Crossover...124
- Bicycle...125
- Straight Arm/Straight Leg Crossover...126
- V-Leg Toe Touch...127
- Why No Crunches?—And the #1 reason not to bother with them...127

Chapter 17 Intermediate Abs

- Unstable Plank—a fun way to add an extra challenge to he traditional isometric standard... 130
- Seated Knee Raise—the missing link between floor-based and bar-based abs training...131

> "As soon as I received ***Diamond-Cut Abs***, I flipped to the table of contents. Amazingly I found what I have been fruitlessly looking for in ab books for decades: 66 pages dedicated to NUTRITION. Kavadlo passed his second Marty audition by not echoing all the bankrupt politically-correct, lock-step, mainstream nutritional commandments. When Dan starts riffing about eating like a horse, eating ample amounts of red meat, shellfish and the divine pig meat (along with all kinds any types of nutrient-dense food), I knew I had to give my first ever ab book endorsement. When he noted that he drank whiskey while getting his abs into his all time best shape, it sealed the deal for me. Oh, and the ab exercises are excellent."
> —**MARTY GALLAGHER**, 3-Time Powerlifting Champion, Author of ***The Purposeful Primitive***

24 HOURS A DAY

ORDER NOW

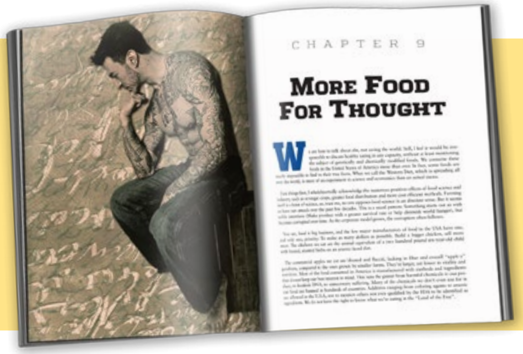
1-800-899-5111

www.dragondoor.com

Order *Diamond-Cut Abs* online:

www.dragondoor.com/b77

"Danny's new book definitely hits the mark. ***Diamond-Cut Abs*** outlines pretty much everything you'd ever need to know about building the best midsection your genetic potential allows for and without the need for any equipment. Keep up the great work, Danny!"—**BJ GADDOUR**, CSCS, author of ***Men's Health Your Body is Your Barbell***, CEO of **StreamFIT.com**


CHAPTER 9

MORE FOOD FOR THOUGHT

"Danny flexes his expert advice in a way that's solid, applicable and often entertaining. If you want the abs of your dreams, stop looking for the quick solution everyone claims to have and get ready to learn how to maximize your efforts towards your very own set of ***Diamond-Cut Abs***."—**MIKE FITCH**, creator of **Global Bodyweight Training**

- The N-Sit—an iso that helps set you up for the L-Sit...132
- Jackknife—a fighter's favorite and a most excellent motha for firing up those deeper abs muscles, building better full body co-ordination—and progressing to the Dragon Flag and Hanging Straight Leg Raise...133
- Side Jackknife—masochists will welcome intensifying their abdominal agony when they flip the great classic on its side...134
- Advanced Sit-Up—Bad Boy Danny's tweaks will up the ante here in a pleasantly nasty way (curses optional)...135
- Lying Straight Leg Raise—and how to make it even harder...136
- Grounded Wiper...137
- Danny adores the classic Windshield Wiper—but it's a helluva challenge. The GW helps you rehearse the movement pattern before taking on the full-on manliness of the WW...137
- Throwdown...138
- Here's another old school classic that should be part of any serious practitioner's arsenal. The explosivity will have your whole body screaming in indignation—fortunately...138
- Side Plank Hip Raise—notorious for being deceptively challenging, includes leverage tips to progress the hardness...139
- How to Hang...140
- How to grip the bar to really squeeze the most out of every rep...140
- Why you should avoid Assistance Straps—and the better alternatives...140
- How to employ a flex hang to add a unique neurological twist and increase upper body muscle activation—Highly Recommended by da Abs Bossman!...140
- Hanging Contest...141
- A fun competitive spin on hanging—but here's some important tips on how to keep it real...141
- One Arm Hang...142
- Did someone shout Man Maker? The OAH is a total body drill that will make the boys cry and the men grin with pain—plus bonus tips for optimal vengeance on that brutalized six-pack...142
- Ab Wheel Roll Out (Bent Knee)...143
- An old time classic—incorporates stability, strength and focus in a truly unique way...143
- Hanging Bicycle—last step before conquering the Hanging Knee Raise, plus common mistakes and how to fix them...144
- Hanging Knee Raise—one of the most important of all abdominal exercises. Master it here...145

Chapter 18 Advanced Abs

- SERIOUS training now! These moves are all full-on, full-body. Emphasis is on every cell in your bod. No mercy. Tremendous demand on the abs—requires heavy-duty injection of Will, complete harmony of mind and muscle, steely strength. Think you are a Man? Measure your Manliness here and report back...
- The L-Sit—you will feel it everywhere. How to do it and how to extract the ultimate mechanical advantage...147–148
- Gecko Hold—a "limited contact" plank that poses a unique strength challenge. A ripped six-pack is meaningless without the strength to back it up—get that strength with the GH...149
- Ab Wheel Roll Out (Straight Leg)—incredibly challenging for all levels, full body tension is key, regressions included for ramping up to complete studliness...150
- Hanging Leg Raise—one of Danny's favorites, for good reason, 6 controlled reps and you're doin' good...151
- Washing Machine—this infamous move is a key step to mastering the mighty Windshield Wiper, regressions and progressions to full MANitude provided...152
- Windshield Wiper—brace yourself buddy, the going just got a whole lot harder. Builds and requires tremendous upper body strength...153
- V-Leg Wiper—ho! This is a true brutalizer of the core plus a helluva glute-banger, to boot...154
- Perfect Circle—an exaggerated WW for the MEN who can hack it ...155
- Skinning the Cat—a precursor to many extreme bar calisthenics moves and a phenomenal abs exercise in its own right, with some optional grip strategies...156
- One Arm Flex Hang—this just about breaks the mercury on the Achievemeter, hyper-challenging, requires an incredibly strong upper body ...157
- Dragon Flag—one of the all-time sexiest moves on the planet and a Bruce Lee trademark, you gotta get this one down if you want to truly strut your Man Stuff. Bad Boy Danny likes to hold it for an iso. Can you?...158
- Tuck Front Lever—this regressed version of the Front Lever still requires a brutal level of upper body power. Have at it!...159
- V-Leg Front Lever—another extremely difficult move, with some favorable leverage variations to help progress it...160
- Front Lever—this one tops the Manometer for sure. A masterful and utterly unforgiving move that will simultaneously torture your abs, lats, glutes, arms, shoulders and everything in between. No mercy here and hopefully, none asked for...161

Chapter 19 Supplemental Stretches

- Why stretching IS important—and the 9 surefire benefits you'll gain from right stretching...173
- The Hands Up—the 4 main benefits to this, Danny's first stretch before a workout...174
- Forward, back and Side-to-Side Bend...175
- Hands Down—another fantastic stretch for the entire front of the body...176

Chapter 20 Workouts

- 9 sample combinations for different levels—a beginning guideline...181–185
- On the importance of mixing it up and shocking the system...181

Part V Abs and Lifestyle

Chapter 21 Viva La Vida

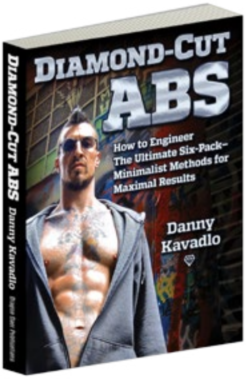
- Abs and the quality of your life...190
- A life-oriented approach to training...191

Chapter 22 The Mud and the Blood and the Beer

- Coffee, alcohol and other beverages—how to handle in regard to your training...193–195

Chapter 23 Seasons

- How to adopt and adapt your training to the changing seasons...198


DIAMOND-CUT ABS
How to Engineer The Ultimate Six-Pack—Minimalist Methods for Maximal Results
Danny Kavadlo
DIAMOND-CUT ABS Danny Kavadlo

Diamond-Cut Abs

How to Engineer the Ultimate Six-Pack—Minimalist Methods for Maximum Results

By Danny Kavadlo

Book #B77 $39.95
eBook #EB77 $19.95
Paperback 8.5 x 11
230 pages, 305 photos

"Danny Kavadlo's book might be titled '***Diamond-Cut Abs***' but the truth is that it goes way BEYOND just ab training. Danny has actually created a guide to Physical Culture & LIVING healthy. The traditional fitness industry has gone astray from what the body truly needs. Since 1989, I've read a ton of abs-related books—and they don't scratch the surface of what's inside Danny's masterpiece. From powerful nutrition methods to training the entire body with a holistic approach, Diamond-Cut Abs is a vital addition to anyone's library. I LOVE it!"—**ZACH EVEN-ESH**, author of ***The Encyclopedia of Underground Strength and Conditioning***

Order *Diamond-Cut Abs* online:
www.dragondoor.com/b77

1-800-899-5111
www.dragondoor.com

24 HOURS A DAY
ORDER NOW

Reader Praise for *Convict Conditioning Ultimate Bodyweight Training Log*

ON CREATIVITY:
CONVICT CONDITIONING ULTIMATE BODYWEIGHT TRAINING LOG
EXERCISE
SET 1
SET 2
SET 3
SET 4
SET 5
EXTRAS:
COMMENTS:

Above and Beyond!

"Not JUST a log book. TONS of great and actually useful info. I really like to over complicate programming and data entries at times. And honestly, All one has to do is fill in the blanks... Well that and DO THE WORK. Great product."
—NOEL PRICE, Chicagoland, IL

A unique training log

"This log book is one of a kind in the world. It is the only published body weight exclusive training log I have personally seen. It is well structured and provides everything for a log book in a primarily body weight oriented routine. The book is best integrated with the other books in the convict conditioning series however has enough information to act as a stand alone unit. It is a must have for anyone who is a fan of the convict conditioning series or is entering into calisthenics."
—CARTER D., Cambridge, Canada

Excellent Companion to *Convict Conditioning 1 & 2*

"This is an amazing book! If you are a fan of Convict Conditioning (1 & 2) you need to get this training log. If you are preparing for the Progressive Calisthenics Certification then it's a must-have!!! The spiral bound format is a huge improvement over the regular binding and it makes it that much more functional for use in the gym. Great design, amazing pictures and additional content! Once again - Great job Dragon Door!"
—MICHAEL KRIVKA, RKC Team Leader, Gaithersburg, MD

Excellent latest addition to the CC Program!

"A terrific book to keep you on track and beyond. Thank you again for this incredible series!"
—JOSHUA HATCHER, Holyoke, MA

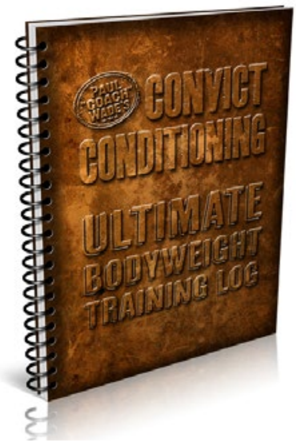
Calling this a Log Book is Selling it Short

"I thought, what is the big deal about a logbook! Seriously mistaken. It is a work of art and with tips on each page that would be a great book all by itself. Get it. It goes way beyond a log book...the logging part of this book is just a bonus. You must have this!"**—JON ENGUM, Brainerd, MN**

The Ultimate Bodyweight Conditioning

"I have started to incorporate bodyweight training into my strength building when I am not going to the gym. At the age of 68, after 30 years in the gym the 'Convict Conditioning Log' is going to be a welcome new training challenge."
—WILLIAM HAYDEN, Winter Park, FL

ON ELBOW PAIN:
CONVICT CONDITIONING ULTIMATE BODYWEIGHT TRAINING LOG
EXERCISE
SET 1
SET 2
SET 3
SET 4
SET 5
EXTRAS:
COMMENTS:


PAUL "COACH" WADE'S
CONVICT CONDITIONING
ULTIMATE BODYWEIGHT TRAINING LOG

Convict Conditioning Ultimate Bodyweight Training Log

By Paul "Coach" Wade

Book #B67 $29.95
eBook #EB67 $19.95
Paperback (spiral bound) 6 x 9
290 pages • 175 photos

24 HOURS A DAY
ORDER NOW

1-800-899-5111
www.dragondoor.com

Order *Convict Conditioning Log* online:
www.dragondoor.com/b67

1•800•899•5111 • 24HOURS

FAX YOUR ORDER (866) 280-7619

ORDERING INFORMATION

Telephone Orders For faster service you may place your orders by calling Toll Free 24 hours a day, 7 days a week, 365 days per year. When you call, please have your credit card ready.

Customer Service Questions? Please call us between 9:00am- 11:00pm EST Monday to Friday at 1-800-899-5111. Local and foreign customers call 513-346-4160 for orders and customer service

100% One-Year Risk-Free Guarantee. If you are not completely satisfied with any product—we'll be happy to give you a prompt exchange, credit, or refund, as you wish. Simply return your purchase to us, and please let us know why you were dissatisfied--it will help us to provide better products and services in the future. Shipping and handling fees are non-refundable.

COMPLETE AND MAIL WITH FULL PAYMENT TO: DRAGON DOOR PUBLICATIONS, 5 COUNTY ROAD B EAST, SUITE 3, LITTLE CANADA, MN 55117

Please print clearly

Sold To:

A

Name______________________________

Street ______________________________

City ______________________________

State ________________ Zip ________

Please print clearly

Sold To: (Street address for delivery) **B**

Name______________________________

Street ______________________________

City ______________________________

State __________________ Zip ________

Email______________________________

WARNING TO FOREIGN CUSTOMERS:

The Customs in your country may or may not tax or otherwise charge you an additional fee for goods you receive. Dragon Door Publications is charging you only for U.S. handling and international shipping. Dragon Door Publications is in no way responsible for any additional fees levied by Customs, the carrier or any other entity.

ITEM #	QTY.	ITEM DESCRIPTION	ITEM PRICE	A OR B	TOTAL

HANDLING AND SHIPPING CHARGES • NO CODS

Total Amount of Order Add (Excludes kettlebells and kettlebell kits):

$00.00 to 29.99	**Add $7.00**	**$100.00 to 129.99**	**Add $14.00**
$30.00 to 49.99	**Add $6.00**	**$130.00 to 169.99**	**Add $16.00**
$50.00 to 69.99	**Add $8.00**	**$170.00 to 199.99**	**Add $18.00**
$70.00 to 99.99	**Add $11.00**	**$200.00 to 299.99**	**Add $20.00**
		$300.00 and up	**Add $24.00**

Canada and Mexico add $6.00 to US charges. All other countries, flat rate, double US Charges. See Kettlebell section for Kettlebell Shipping and handling charges.

Total of Goods	
Shipping Charges	
Rush Charges	
Kettlebell Shipping Charges	
OH residents add 6.5% sales tax	
MN residents add 6.5% sales	

METHOD OF PAYMENT ___CHECK ___M.O. ___MASTERCARD ___VISA ___DISCOVER ___AMEX

Account No. (Please indicate all the numbers on your credit card) EXPIRATION DATE

☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐/☐☐

Day Phone: ________________

Signature: ______________________________ Date: ____________

NOTE: We ship best method available for your delivery address. Foreign orders are sent by air. Credit card or International M.O. only. **For RUSH processing** of your order, add an additional $10.00 per address. Available on money order & charge card orders only.

Errors and omissions excepted. Prices subject to change without notice.

1•800•899•5111 • 24HOURS

FAX YOUR ORDER (866) 280-7619

ORDERING INFORMATION

Telephone Orders For faster service you may place your orders by calling Toll Free 24 hours a day, 7 days a week, 365 days per year. When you call, please have your credit card ready.

Customer Service Questions? Please call us between 9:00am- 11:00pm EST Monday to Friday at 1-800-899-5111. Local and foreign customers call 513-346-4160 for orders and customer service

100% One-Year Risk-Free Guarantee. If you are not completely satisfied with any product—we'll be happy to give you a prompt exchange, credit, or refund, as you wish. Simply return your purchase to us, and please let us know why you were dissatisfied--it will help us to provide better products and services in the future. Shipping and handling fees are non-refundable.

COMPLETE AND MAIL WITH FULL PAYMENT TO: DRAGON DOOR PUBLICATIONS, 5 COUNTY ROAD B EAST, SUITE 3, LITTLE CANADA, MN 55117

Please print clearly

Sold To:

A

Name________________________________

Street ______________________________

City ________________________________

State __________________ Zip ________

Please print clearly

Sold To: (Street address for delivery) **B**

Name________________________________

Street ______________________________

City ________________________________

State __________________ Zip ________

Email________________________________

WARNING TO FOREIGN CUSTOMERS:

The Customs in your country may or may not tax or otherwise charge you an additional fee for goods you receive. Dragon Door Publications is charging you only for U.S. handling and international shipping. Dragon Door Publications is in no way responsible for any additional fees levied by Customs, the carrier or any other entity.

ITEM #	QTY.	ITEM DESCRIPTION	ITEM PRICE	A OR B	TOTAL

HANDLING AND SHIPPING CHARGES • NO CODS

Total Amount of Order Add (Excludes kettlebells and kettlebell kits):

$00.00 to 29.99	Add $7.00	$100.00 to 129.99	Add $14.00
$30.00 to 49.99	Add $6.00	$130.00 to 169.99	Add $16.00
$50.00 to 69.99	Add $8.00	$170.00 to 199.99	Add $18.00
$70.00 to 99.99	Add $11.00	$200.00 to 299.99	Add $20.00
		$300.00 and up	Add $24.00

Canada and Mexico add $6.00 to US charges. All other countries, flat rate, double US Charges. See Kettlebell section for Kettlebell Shipping and handling charges.

Total of Goods	
Shipping Charges	
Rush Charges	
Kettlebell Shipping Charges	
OH residents add 6.5%	
sales tax	
MN residents add 6.5% sales	

METHOD OF PAYMENT ___CHECK ___M.O. ___MASTERCARD ___VISA ___DISCOVER ___AMEX

Account No. (Please indicate all the numbers on your credit card) EXPIRATION DATE

☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐/☐☐

Day Phone: _________________

Signature: ________________________________ Date: _____________

NOTE: We ship best method available for your delivery address. Foreign orders are sent by air. Credit card or International M.O. only. **For RUSH processing** of your order, add an additional $10.00 per address. Available on money order & charge card orders only.

Errors and omissions excepted. Prices subject to change without notice.

Exercise/Fitness/Strength

"***Ferocious Fitness*** is a how-to-kick-ass manual for anyone who wants to take their training to the next level. Phil Ross speaks with an authority backed by over 30 years of experience in martial arts and fitness, tested in combat around the world. These pages reveal an authenticity and a science that will forever change your workout routine."

—FRANK SHAMROCK, 5 x UFC and Strike Force World Champion, King of Pancrase, WEC Light Heavyweight Champion

---

"When it comes to training, Phil Ross has 'seen it all'. If there are pitfalls, Phil has seen them. If there are shortcuts, Phil has tried them. If there's a new way of doing it, Phil's looked into it. If there's a Fountain of Youth, Phil has found it and drank his weight's worth! And finally, he's sharing his experiences and proven methods with the rest of us.

There's a lot to be gleaned from Phil's ***Ferocious Fitness***. I only wish I could have had this book in my travel bag over the last seven years. I've spent those last seven years traveling the world (for training and competition), and this book would have surely simplified and amplified my fitness efforts. Heck, I'd rather have been able to pack Phil himself in my check-in luggage!"

—BRAIN EBERSOLE, UFC Fighter, Division 1 Wrestler, Coach

"I'm not an expert on kettlebells, and I don't pretend to be. But when people call Phil Ross a 'modern-day master' of bodyweight training, I can promise you that they are not joking... ***Ferocious Fitness*** will be considered without question the definitive Bible of functional strength for the next generation of fighters. If you are a martial artist or combat athlete looking for an edge, you've got to have this book: but I'd also argue that if you're interested in improving your strength and conditioning period, you need this volume for your personal library."

— PAUL "COACH" WADE, author of the Convict Conditioning series.

© Copyright 2016, Phil Ross with Marty Gallagher
A Dragon Door Publications, Inc production

Dragon Door Publications, Inc.
www.dragondoor.com

Visit the Dragon Door website today. Sign up as a subscriber and receive free downloads of articles, news of new products and much more.

ISBN 13: 978-1-942812-08-1 $29.95

ISBN 13: 978-1-942812-08-1
52995
9 781942 812081